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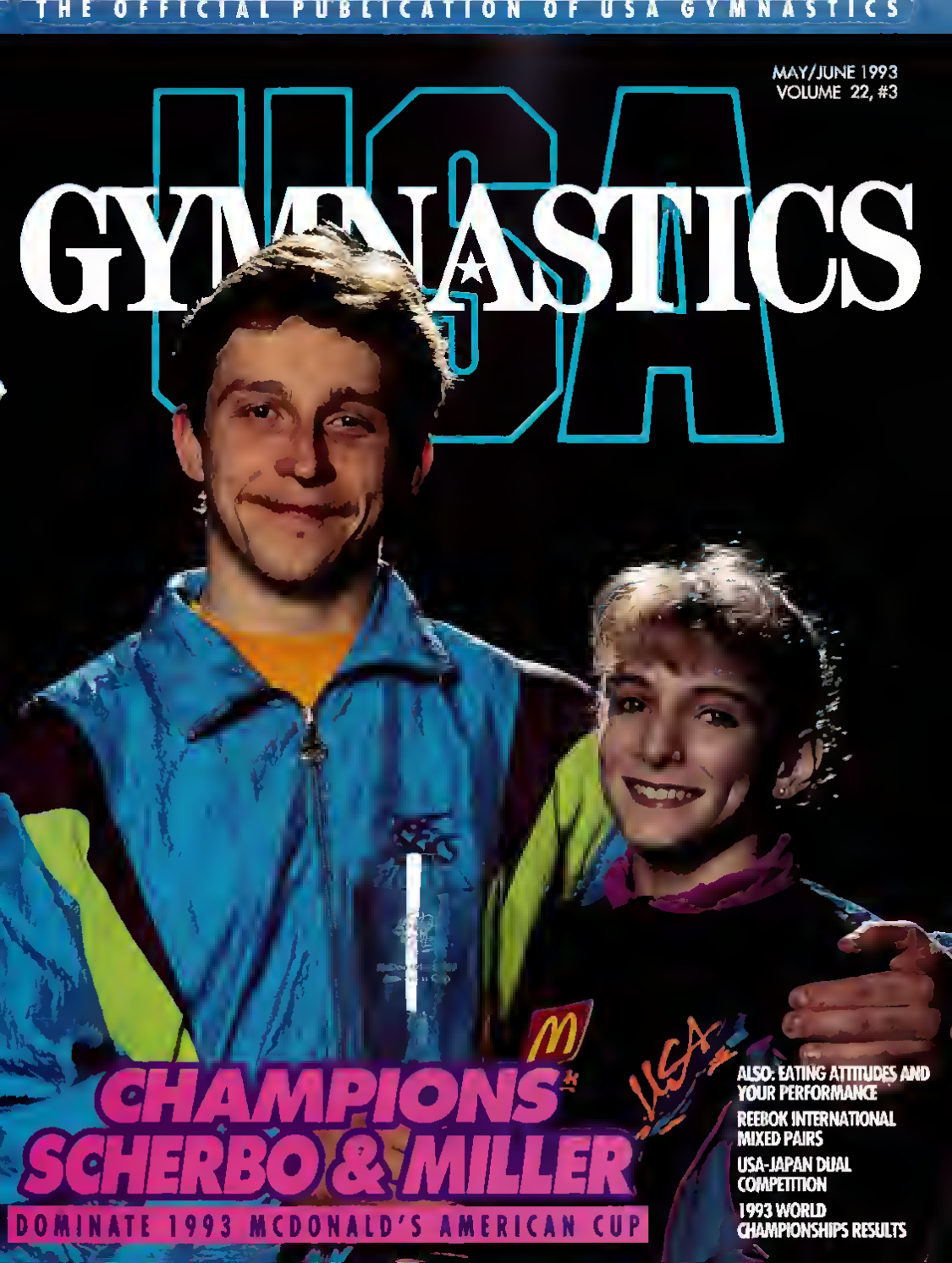

CHAMPIONS SCHERBO & MILLER

DOMINATE 1993 MCDONALD'S AMERICAN CUP

ALSO: EATING ATTITUDES AND YOUR PERFORMANCE

REEBOK INTERNATIONAL MIXED PAIRS

USA-JAPAN DUAL COMPETITION

1993 WORLD CHAMPIONSHIPS RESULTS

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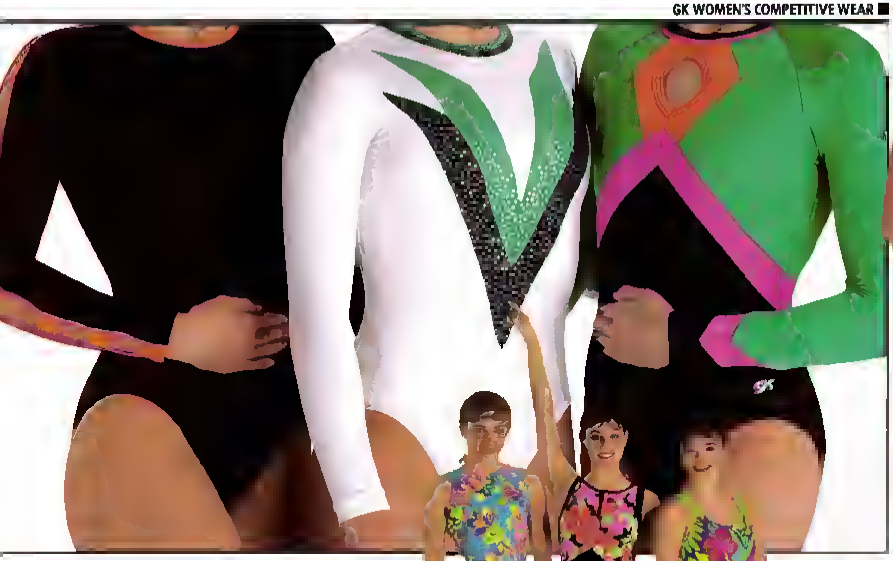
GK WOMEN'S COMPETITIVE WEAR



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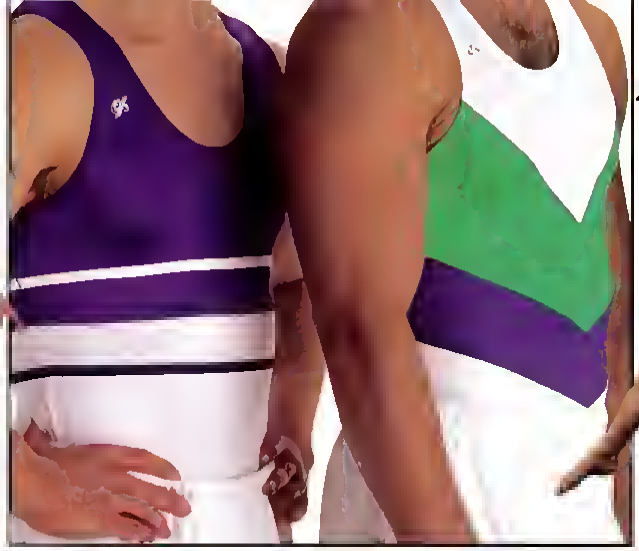

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(above) **Vitaly Scherbo and Shannon Miller**

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MCDONALD'S AMERICAN CUP

As one of the most highly acclaimed international competitions of the year, the 1993 McDonald's American Cup was a hotly contested battle between 31 competitors–22 of whom were 1992 Olympians

COVER PHOTO • USA GYMNASTICS © DAVE BLACK

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(above) **Elena Piskun and Vitaly Scherbo**

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REEBOK INTERNATIONAL MIXED PAIRS

Scherbo and Piskun of Belarus combined for an all around score of 57.227, edging Chris Waller and Kerri Strug of the United States who finished second with a score of 56.986

USA GYMNASTICS

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GREAT EXPECTA

By Mike Jacki

Since the 1992 Olympic Games, a great deal of time and thought have gone into the future of men's gymnastics in the United States. While the Olympic Games' most celebrated athlete was Vitaly Scherbo, the male gymnast who won six gold medals, back in the U.S. we are struggling with the future of men's gymnastics, what will become of the collegiate program and how we can better prepare our athletes to be competitive in world competition.

Since 1984, our men's international results have been less than stellar. While we have had a number of occasions to be excited and proud, the program has not produced the type of results that are so necessary for continued development and growth of the men's discipline. It is critical to the future of men's gymnastics to address this issue, plan accordingly and develop a program that will allow us to be in medal contention at future World Championships and Olympic Games.

TIONS LEAD TO...

Men's gymnastics finds itself in a most unique position. First of all, gymnastics is the only sport in the Olympic program where the female component dominates the visibility, the viewership and attention. Secondly, while top junior and senior female athletes are frequently developed by the same coach or program, this is not the case in the men's program. It is not unusual that a club coach or high school coach will develop an athlete to a high level only to have that athlete leave the club to continue his career in the collegiate program. While this system has worked for many years, it does cause some controversy and places the "junior coach" in an unenviable position. It has long been known that the women's coaches have not favored a national team coach because they never felt comfortable giving up the athletes that they had trained for so many years to reach the elite level. In the case of men's gymnastics, there has basically been no other option.

When a female gymnast in the United States receives international success, she frequently becomes nationally recognized and is listed among the best athletes in sport. This was the case with Mary Lou Retton and it continued with Phoebe Mills, Kim Zmeskal and Shannon Miller. It's not so easy on the men's side of the sport. The men have to compete with the likes of Michael Jordan, Joe Montana and Magic Johnson for attention in the national media.

With gender equity and schools cutting back on programs, men's gymnastics, once again, is under fire. Recent announcements of the loss of the men's gymnastics programs at Arizona State University and the University of Michigan has put collegiate gymnastics in a tenuous position. While the future is still uncertain, it is obvious to all of us that the Games in Atlanta will play a pivotal role in the future of the men's program in the United States.

Immediate action needs to be taken in order to develop a plan that will position us for our best performance in Atlanta. With annual World Championships leading up to this event, gymnastics will have a very high profile during the next three years prior to the 1996 Games. Gymnastics will also be a favorite television sport during the next three years and it is essential that our performance be at a level to help guarantee positive recognition, sponsor and spectator appeal, and the excitement of the national and international media. While it is impossible to guarantee the creation of a superstar in men's gymnastics, it sure would help! Trent Dimas did an awful lot to help that effort by winning the gold medal on the horizontal bar in Barcelona. Kurt Thomas and the members of our 1984 Men's Olympic Team caused great excitement over a six-year period from 1978 until 1984 for men's gymnastics. We need that kind of excitement again and must be prepared to make commitments necessary to achieve this goal.

With the changes that are taking place worldwide, many sports federations are in a state of disarray and confusion. Many of these organizations are now attempting to do what the United States Gymnastics Federation has been doing for many years–trying to find ways to fund their programs, support their athletes and develop the sports systems that are necessary for long-term results. The USGF is already comfortable with these aspects of our operation. Now, we have an opportunity to focus on the development of programs and the strategic plans to help guarantee international success.

Without question, there is no substitution for time in the gym, hard work and commitment to excellence. First and foremost, this must be accepted as the foundation of whatever plans we put into place. Other support systems critical to achieving our best results, include sports medicine, nutrition education, pre-season and post-season training, sports psychology, injury care and prevention, proper training environment, coaching expertise and competitive opportunities.

We all know what needs to be done. It is now time to take the next step and make the necessary plans and commitments. There is no reason that our men's program should not be the best in the world. We have great coaches, a great athlete pool, the best facilities anywhere and the environment that encourages hard work and excellence. We must set our standards higher than we ever have before to make this the Olympic quadrennium of both great expectations and great results.

Send your questions to USA Gymnastics Ask Mary Lou, Pan American Plaza 201 S. Capitol Avenue Suite 300, Indianapolis Indiana 46225

Dear Mary Lou
I am 10 years old and a level 6 I want to know how you feel about grips. I've been a gymnast for three years and have never used grips because I felt like they messed up my routines But I'm getting a lot of rips What do you suggest?
Kacie Mewbourne
Tulsa, Okla

Dear Kacie,
If you don't like the way grips feel on your hands, don't wear them. Everyone has different opinions on hand grips. When I started gymnastics at the age of seven, I did not wear grips. I started to use them when I was about 12 because I was beginning to learn release moves on bars and re-catching the bar seemed easier with grips. The decision is ALL YOURS! Whatever feels best and most comfortable.

Dear Mary Lou
When you competed did you have problems keeping your legs and arms straight? Can you give me some advice?
Jennifer Summerfield
Arroyo Grande, Calif.

Dear Jennifer,
Concentrate! Having a clean body form in gymnastics is a must. The judges will take tenths off of your score every time they see your arms and/or legs bend. I used to always tell myself to point my toes extra hard. If your arms are bending while you are working on bars, you may need to work on your strength. Do more conditioning skills (push ups, dips, handstand push ups, etc.) They should help you get stronger.

Dear Mary Lou
I am 10 years old and competing at Level 5 I just found out that I have to do my split leap on my opposite leg in my beam routine I am scared of missing the beam when I come down How can I overcome that fear?
Alyson Courtemanch
Mt Vernon, Maine

Dear Alyson,
Some very smart person came up with a very good invention: A LOW BALANCE BEAM! Start out by using the low beam until you are completely comfortable with your split leap. Then take it to the high beam. When you get up there, start by doing small leaps. When you feel your confidence building, make the leaps higher and bigger. Make sure to keep your hips straight and in line with the beam so you don't straddle or fall and scrape your leg on the side of the beam. Good Luck!

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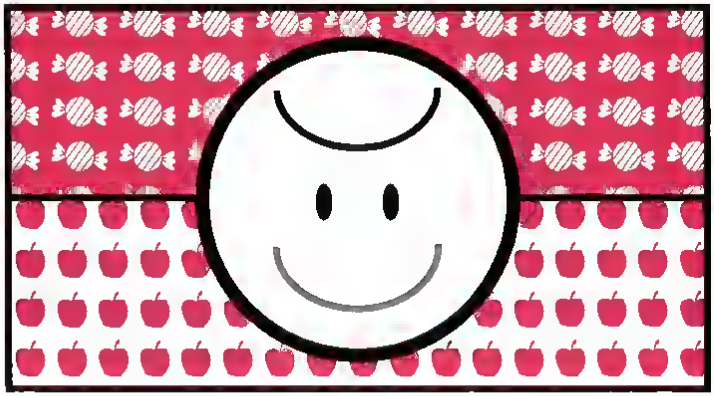
BODY B BALANCE

By Patti Tveit Milligan, M.S. R.D.

HOW EATING ATTITUDES CAN AFFECT YOUR PERFORMANCE



What does the woman who reads Glamour magazine have in common with a gymnast? Give up? Both are part of a society that emphasizes thinness. And (although not always stated clearly) this society will also lead you to believe that if you are at the right weight you will be successful and beautiful. That can be a lot of pressure on a young gymnast!

Many gymnasts are justifiably preoccupied with their weight. They are motivated to remain at their

lowest possible weight to be able to continue flipping and twisting the smallest amount of body mass. Slipping into a leotard every day can be pretty motivating, too.

It is not surprising to talk to gymnasts and find that many rank "being at their ideal weight" next to "sticking their landing" at the end of a routine. This heightened awareness of body weight and the long workout schedules can lead to radical diets and altered eating habits that become a way of life and very difficult to break.

Everybody marvels at the sport of gymnastics—the power, strength, the mind-control required and the grace and ease in which the gymnastics skills are performed. Competitive gymnasts possess many of the same characteristics. The drive to excel, the discipline and motivation to control mind and body, to deny pain, fatigue, hunger, etc. These are many of the same characteristics/behaviors that are seen in people with eating disorders. In some gymnasts, do these characteristics contribute to a temporary fixation with food and fatness resulting from a belief that "thin will win" or is it an indication of a potentially dangerous eating disorder?

Let's look at the definitions of eating disorders and more importantly, some tips to help promote healthy eating attitudes and practices.

EATING DISORDERS

Anorexia nervosa and bulimia are best understood as a spectrum of eating behaviors where a person may have one eating disorder or a combination of both. Most eating disorders start with dieting. Unfortunately when the person feels that he/she is no longer in control of the dieting—it then becomes part of the eating disorder spectrum.

WHAT IS ANOREXIA NERVOSA?

Anorexia nervosa is an act of deliberate self-starvation in the pursuit of continued weight loss. The classic anorexic is an intelligent, highly motivated, well-organized adolescent female from a middle to upper class family. She may have been slightly overweight and decided to go on a diet. There usually are some negative eating attitudes already in place before the dieting begins.

As the anorexic begins to lose weight, she feels in control of her body. She tries to challenge herself—"Can I keep losing more weight?" She begins testing herself by denying hunger (even though she is very hungry) and working out harder (even though she is exhausted). If by doing these things she loses weight, she is excited and feels she is doing well. She may lose so much weight that people comment on how thin she is and she still thinks she's fat. She may even try to fool people into thinking she is eating by a) pushing food around her plate when eating with a group, b) choosing not to participate in group activities, or c) she may even give excuses as to why she can't continue to workout.

Lastly, a person with anorexia nervosa is a person who is slowly becoming malnourished and using her own body's protein for energy–which is very hard on the body and brain. With too few calories, a person has trouble concentrating and thinking properly.

WHAT IS BULIMIA?

Bulimia has a general meaning of "binge-eating." Bulimia often occurs with anorexia nervosa but is really another disorder. People with bulimia, similar to anorexics, have an exaggerated fear of fatness and pursue thinness as a means of feeling in control. The main difference between an anorexic and a bulimic is a bulimic hasn't had a huge weight loss. In fact, you may not be able to tell whether a person has bulimia because he/she might be any weight—overweight, normal or thin. A person with bulimia may become very obsessed by food and thinks of it all day long. Binging usually is done in secret and the person may consume foods like ice cream, candy or sugar-coated cereals. Between 2,000-10,000 calories have been known to be eaten within a two hour binge. Feelings of guilt after binges usually bring on the purging cycle. Purging may be vomiting or the use of laxatives. It is hard to know if someone has bulimia because the binging and purging is done in secret and you don't usually see his/her weight change a lot over time.

EATING DISORDERS EFFECTS ON THE BODY AND MIND

Both of these eating disorders can cause complications that are life-threatening. Changes in metabolism (the way the body converts food into energy), changes in the way the heart beats, and, for females, changes in menstruation which can possibly lead to permanent bone loss and risk for bone fractures. However, early detection and education of eating disorders can help ward off any long term effects and complications. Because of these serious complications, one needs to be able to get help for someone who may have an eating disorder.

Drawing the line between normal dieting and an eating disorder is especially important for coaches, gymnasts and parents. Many gymnasts, with their heightened awareness of the effect of calories on maintaining a lean body, are open to experimenting with different eating patterns. With the right nutritional information, one can provide gymnasts with the tools for eating that will keep them nutritionally and physically healthy.

There are some key questions and observations that can help one observe whether a gymnast is "in control" of his/her diet or possibly struggling with an eating disorder. Because eating disorders are not discussed openly and eating habits are very personal, a gymnast that is struggling with eating behaviors might not volunteer this information. But there are certain signs one can look for that might indicate there is a problem.

Someone struggling with an eating disorder may exhibit these signs:

1. Noticeable loss of weight
2. Expresses feeling fat despite losing weight
3. Expresses fear of gaining a few pounds
4. Unexplained decline in performance
5. Signs of excess fatigue or dehydration
6. Avoids group meals or appears to play with the food on their plate

What can coaches, parents and other gymnasts do to encourage healthy eating attitudes?

1. Try not to criticize a gymnast about his/her weight. If a gymnast does need to lose weight, make sure a safe nutrition plan is discussed with them.
2. Try to set realistic goals for weight based on body composition, skill level and age of the individual gymnast.
3. Try to make the weight changes in the off season and set a realistic time frame to meet the weight goal.
4. Try not to overemphasize a "certain weight or size" but more importantly strive for a strong healthy body. This may mean the scale is not be the best choice to evaluate a strong healthy body. Injury rates, stamina during workouts and performance may be better guides to assess proper strength to weight ratios.
5. Try to emphasize food as fuel for the body and very essential. Food is not the enemy to constantly fight against.
6. Try to remember maintaining proper weight includes both calories in (food) and calories out (exercise/activity).

SCORE YOURSELF AGAINST THIS SCORING:

A lot=2 points
Once in a while=1 point
Rarely or never=0 points

Add up your score:

Score of 0-5: Your eating attitudes are probably within the normal range for most people. Check yourself in another six months, see if any of your attitudes have changed.

Score of 6-10: Your eating attitudes reveal some concern about the way you look at food and your weight. You should try to learn about good nutrition and practice good healthy habits.

Score of 11-16: Your eating attitudes indicate you are struggling with your eating behaviors and may have developed abnormal eating habits. You may need help getting your eating attitudes back in the normal range.

If you suspect that you may be struggling with your eating attitudes or know someone that is, remember, admitting this does not mean you are a bad person. It is important you bring your concern to a parent or coach who then can seek the proper help you may need.

Patti Tveit Milligan, M.S.R.D. is a former collegiate gymnast and a registered dietitian. Milligan currently provides nutritional education to gymnastics clubs and other sports groups. She also helped develop a new "healthy" quick-food restaurant in San Diego called Daily's.

Test Yourself: Do you have Healthy Eating Attitudes? Answer each question honestly with yourself.

Although no one person can take full responsibility for a gymnast's eating attitudes, one or two suggestions about weight or proper eating habits can leave a lasting impression. Why not make those impressions toward developing "healthy" eating attitudes!

A lot	Once in a while	Rarely	
❑	❑	❑	1. Do you find yourself thinking about food all day long
❑	❑	❑	2. Are you afraid that you won't be able to stop eating?
❑	❑	❑	3. Have you ever used any of these methods of losing weight: fasting-not eating, very restricted diets, or induced vomiting, laxatives or diet pills?
❑	❑	❑	4. Have you ever stuffed yourself with large amounts of food in a short time period (less than 2 hours)?
❑	❑	❑	5. Do you try to hide food or hide from others while eating?
❑	❑	❑	6. Do you feel depressed, guilty or mad at yourself after eating?
❑	❑	❑	7. Do you feel if you lost weight you would perform better in gymnastics or be a better person?
❑	❑	❑	8. Do you think about your weight all day?

FOR MORE INFORMATION ON EATING DISORDERS:

EDAP—Eating Disorder Awareness Prevention
Coral Gables, Florida
(305)444-3731

ABC—Anorexia-Bulimia Association
Lincoln Center, Mass
(617)259-9767

American Anorexia/Bulimia Association
Teaneck, NJ
(212)734-1114

Anorexia Nervosa and Related Eating Disorders (ANRED)
Eugene, OR
(503)344-1144

National Association of Anorexia Nervosa and Associated Disorders (ANAD)
Highland Park, IL
(708)831-3438

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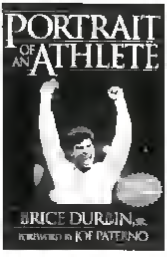

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—Joe Paterno
Head Football Coach
Penn State University

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7 to proper preparation and participation in sports
8 to an equal opportunity to strive for success
9 to be treated with dignity
10 to have fun in sports

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RHYTHMIC CHALLENGE

BALANCING THE DEMANDS OF NEW RULES AND IMPRESSIVE ROUTINES

USA Gymnastics Photo / Steve Black

Jessica Davis, 14, earned a 9.0 and claimed the highest ball score in the competition.

Dave Moskovitz

The 1993 Rhythmic Challenge was held at the U.S. Olympic Training Center in Colorado Springs, Colo., on February 21. The Challenge is used to re-rank the USA Rhythmic National Team and select gymnasts to participate in upcoming international events. This is the third year that Colorado Springs has hosted this competition.

Twelve senior and four junior gymnasts competed for ranked positions on the Rhythmic National Team. Four unranked at-large athletes competed in the event due to retirements at the senior level and athletes moving from the junior to senior level. The unranked invitations were based on the final rankings from the 1992 National Championships.

This was the first national competition using the new FIG Code of Points for Rhythmic Gymnastics. In the previous codes, elements of difficulty were categorized as medium and superior. The new code was re-worked entirely. Difficulty elements are now categorized as A, B, C, D, and each event has designated Fundamental Groups as well as "other" groups of movements specific to each apparatus. The new rules necessitated a variety of changes in the gymnasts' routines including more pivots, balances, and leap combinations. The biggest change seemed to be the decrease in emphasis on "big" tosses and the increase of dance

TOP GYMNASTS FROM 1993 RHYTHMIC CHALLENGE

Senior: 1. Brooke Bushnell 35.75, 2. Caroline Hunt 35.35, 3. Jessica Davis 35.35, 4. Sally Ward 34.90, Junior: 1. Lori Fredrickson 33.50

Brooke Bushnell, 20, got off to a great start with the highest hoop score.

USA Gymnastics Photo © Dave Black

Caroline Hunt, 15, scored 9.0 in hoop and finished second place overall.

USA Gymnastics Photo © Dave Black

elements with basic apparatus swings and circles.

The competitors began with hoop and ball. The vast majority of the athletes performed with both new exercises and used new music. Brooke Bushnell, 20, from Gymmarin Pacific in San Rafael, Calif., coached by Jan Exner, got off to a great start with the highest hoop score of the meet, 9.10. Jessica Davis, 14, also from Gymmarin Pacific, had the highest ball score, 9.00. However, the leader after two events was Sally Ward, 14, coached by Marina Davidovich at United Gymnastics Academy in Jacksonville, Fla. Ward was consistent on both apparatus scoring 8.80 with hoop and 8.90 with ball, for a running total of 17.80. Close behind with a two-event total of 17.50 was Christi Tucay, 14, who trains with coach Alla Svirsky at the Los Angeles School of Gymnastics. The top junior performer with the ball scoring 8.3 was Jennifer Lim, 12, from Rhythmic Gems in Skokie, Ill., coached by Lana Lashoff.

The second rotation had both the juniors and seniors competing with clubs and ribbon. These apparatus changed the ranking significantly with Bushnell taking the lead and Caroline Hunt, 15, from Illinois Rhythmics, moving into second position with strong performances on both clubs (8.90) and ribbon (8.75). Hunt is coached by Irina Vdovets in Evanston, Ill. Tucay had a few errors on ribbon and Ward struggled on clubs,

Sally Ward, 14, performs a solid balance with hoop.

The 1993 Rhythmic Challenge proved to be just that, a challenge!

dropping to fourth and fifth position, respectively. Davis moved up to third with consistent performances on both apparatus. In the junior competition, Lori Fredrickson, 12, coached by Lana Lashoff at Rhythmic Gems, moved into the lead bolstered by a strong showing with ribbon (8.90).

The third and final rotation saw all competitors working with rope. At this point, the seniors had the option of competing with rope, because the all-around total was tallied based on the four highest event scores. 1992 Olympian Tamara Levinson, 16, coached by Catherine Yakhimovich at Rhythmflex Gymnastics in Silver Spring, Md., performed an excellent exercise with beautiful leap combinations scoring 9.00 and moved up to tie for fifth place with Tucay. Davis performed well, scoring 8.90, to solidify her third place ranking. Vanessa Vanderpluym, 19, from Redondo Beach, Calif., coached by Lydia Bree at California Breeze, scored a solid 8.80 to move into seventh. The previous leaders, Bushnell and Hunt, each scored 8.70 to take first and second place, respectively. Fredrickson scored 8.40 in the junior competition to hold off Lim, 8.60, for the top position.

Lori Fredrickson, 12, earned the top ranking position in the Junior All-Around.

USA Gymnastics Photo: Dave Brandt

Other competitors in the senior division included: Heather Lovell, eighth place, from Illinois Rhythmics; Soledad Alberti, in ninth place, from Los Angeles School of Gymnastics; and Mandy James, in 11th place, from Orange Park, Fla. Two at-large competitors, Carmit Bachar, Los Angeles School of Gymnastics, and Elizabeth Davidovich, United Gymnastics Academy, placed 10th and 12th place all-around, respectively. Participants in the junior division also included Tina Tharp, from Portland, Ore., and Challen Sievers, from Downers Grove, Ill.

The 1993 Rhythmic Challenge proved to be just that, a challenge! Not only for the athletes and coaches working with the new requirements, but also for the judges, many of whom had just recently received updated changes and interpretation of the code. Overall, the level of difficulty performed has increased along with impressive choreography and unique music selections. Execution, once again, proved to be the deciding factor.

We should all look forward to an impressive display of rhythmic gymnastics at the National Championships in June, which again will be held at the USOTC in Colorado Springs, Colorado.

Fact...

...AAI American is the ONLY manufacturer in the Western Hemisphere to have its gymnastic mats and apparatus tested and certified by the FIG to meet the 1989 FIG APPARATUS NORMS.

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FEDERATION INTERNATIONALE DE GYMNASTIQUE

Mascou & Moutier, le 11 novembre 1991

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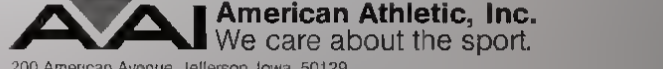
Numerous equipment manufacturers can produce mats or apparatus to meet FIG dimensional specifications However, only a few equipment manufacturers have generated the trust and confidence with the marketplace to have their mats or apparatus used in FIG USGF or NCAA sanctioned events But, only **ONE** Western Hemisphere manufacturer, AAI American, has had their **mats** and **apparatus** tested and certified by the FIG Testing Laboratory in Freiburg, Germany These norms and standards were published in the 1989 edition of the FIG APPARATUS NORMS

The next time you are specifying and purchasing gymnastic mats and apparatus check the facts Buy with confidence Buy from a manufacturer whose mats and apparatus have been engineered and tested to meet the certification and specifications of the toughest customer in gymnastics, the FIG Testing Laboratory Buy from a manufacturer who has the FIG certification Diplomas to support these statements **Buy AAI American.**



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1993 CONGRESS
USA GYMNASTICS

SPORT SCIENCE RESEARCH AND APPLIED COACHING

Dr William Sands, Chairman of the USA Gymnastics Sport Science Advisory Committee, will coordinate the third annual Sport Science Symposium on Saturday, September 11 Sports researchers from a variety of disciplines will present significant findings to the coaches The goal is to make these sessions informative and coaching friendly

JUDGES TRAINING AND THE *CODE OF POINTS*

Sessions will be conducted to assist both judges and coaches in understanding and applying the new *Code of Points* Explanatory and practice sessions will be offered

CLUB BUSINESS

Experts and entrepreneurs will be available to assist the gym club owners and managers in a wide range of business offerings The focus this year will be on utilizing the new technologies to make your business more efficient and profitable

TECHNIQUE SESSIONS

Informative sessions will be presented for coaches at all levels—beginner, intermediate, advanced and elite

PRESCHOOL/DEVELOPMENTAL

Once again, a full program will be offered in these important areas featuring outstanding movement education specialists

EXHIBITION HALL

The Exhibit Hall will provide Congress participants with the opportunity to see the newest and the best in equipment, apparel, supplies and services You can discuss your needs, compare services and prices and make deals! No other event offers the gym club owner a better chance to meet and greet the members of this important part of the gymnastics industry

PROFESSIONAL DEVELOPMENT

The PDP program will be offered at all completed levels PDP I and II The ACEP Sport Science course will be conducted as a pre-congress session This year's Congress will see the introduction of additional Level II component areas Two Safety Certification courses will be offered— one on Thursday evening, and the other on Sunday morning

CONGRESS COSTS

Professional Members

Early Registration
(received prior to Aug. 1)
$125

Late Registration
(received after Aug. 1)
$150

Non-members

$210

Fill out registration form on next page.

THE FACTS

HOST CITY

Atlanta, Georgia

CONGRESS DATES

Pre-congress sessions
September 8-9, 1993

Congress Sessions
September 9-12, 1993

CONGRESS HOTEL

Atlanta Marriott Marquis
265 Peachtree Ctr Ave.
Atlanta, GA 30303
404-521-0000

HOTEL RATES

Single/double $ 99 00
Triple/quad $119 00
Reservation cut-off date is August 19, 1993

GROUND TRANSPORTATION

Hotel Parking: $12/day

MARTA (Metropolitan Atlanta Rapid Transit Authority)
$1.25 one way from Hartsfield Airport to the station in Peachtree Center

Official Car Rental Agency:
Budget Rent a Car of Atlanta
Contact Melanie Parkins
404-530-3000 (call collect)

Airport Shuttle.
You will receive a $2 discount coupon for round trip service upon registering for Congress Round trip shuttle is $12.00 with discount coupon One way from airport to hotel is $8 00 and the $2 discount coupon will not apply

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SEPTEMBER 9–12, 1993 ✸ ATLANTA, GEORGIA

1993 PRE-REGISTRATION FORM

Complete one form per person–please photocopy form for additional registrations

Name _____

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USGF Pro # _____ Exp Date _____

Mailing Address _____

City _____ State _____ Zip _____

Name of Club Program _____

Day Phone _____ Night Phone _____

Check (✓) appropriate

Program ❑ Men's Program ❑ Women's Program ❑ Rhythmic Program

Title ❑ Club Owner ❑ Coach ❑ Administrator ❑ Judge

Minimum age for Congress registration is 16 years

FEES

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PAYMENT

Make check/money order payable to USA Gymnastics

Amount Enclosed $

Charge to: ❑ Visa ❑ MasterCard

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Signature *(required)* _____

Please return this registration form to
USA Gymnastics Congress
Pan American Plaza–Suite 300
201 S Capitol Avenue
Indianapolis, IN 46225

M393

CONGRESS COSTS

Fee includes:

- 1 Credential for entrance to regular Congress sessions, master clinics, and demonstrations on Thursday afternoon through Saturday. And..
- Free entrance to the Exhibit Hall featuring the industry's finest products (Additional day passes into the Exhibit Hall are $5.00 each)
- 1 Ticket to the annual USGF Banquet. (Additional Banquet tickets for spouses/guests are $40 each–available at registration)
- 1 Ticket to the Rhythmic World Team Trials (Additional tickets will be available on site)

Note. You must register separately for the PDP Coaching Accreditation courses, Safety Certification course/exam, Skill Evaluators exam, etc Forms will be available beginning with the June issue of Technique magazine

CANCELLATIONS:

Registration is non-refundable after August 15, 1993

NO EXCEPTIONS

No Pre-registrations after August 20, 1993

After August 20, you must register "on-site."

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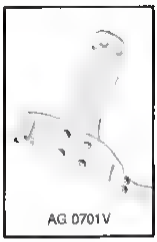
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EVENT SCHEDULE

MAY

1	World University Games Trials (W)	Salt Lake City UT
1–2	Tenth Medico Cup (R)	Feldkirch, AUT
6–9	J.O. Nationals (M)	Ann Arbor, MI
7–9	J.O. Nationals – Level 9 (W)	Colorado Springs, CO
13–16	J.O. Nationals – Level 10 (W)	Baltimore, MD
14–16	Corbeil International Tournament (II)	Corbeil FRA
20–22	T.O.P. Training Camp (Group 1 W)	Birmingham, AL
22–24	T.O.P. Training Camp (Group 2 W)	Birmingham, AL
23–24	Senior Team Training Camp (M)	Colorado Springs, CO
30–31	J.O. Nationals (R)	Colorado Springs, CO

JUNE

3–6	WTC Symposium (W)	Las Vegas, NV
4–6	U.S. Rhythmic Championships (R)	Colorado Springs CO
12–13	World University Games Trials (M)	Colorado Springs, CO
12–18	10-11 Age Group Development Team Camp (M)	Colorado Springs, CO
17–Jul 13	WUG Team Prep Camp (M)	Colorado Springs, CO
20–Jul 23	* Senior National Team Camp (M)	Colorado Springs, CO
26–27	Regional Elite Meets (W)	Various Sites
30–Jul 3	NAWGJ National Symposium (W)	Orlando, FL

JULY

8–19	World University Games (M/W)	Buffalo, NY, USA
17–18	Regional Elite Meets (W)	Various Sites
18	*Triangular Exhibition BLR/UKR/USA (M/W)	*San Diego, CA
20–26	Jr. Elite I & II Development Camp (M)	Colorado Springs, CO
21	Nitton Triangular Challenge (M/W)	Los Angeles, CA
21–24	Elite Judges Course (W)	Tempe AZ
23–Aug 1	U.S. Olympic Festival (M/W/R)(TV)	San Antonio, TX

AUGUST

5–16	Jr. National Team Camp (M)	Colorado Springs, CO
5–8	U.S. Classic Nationals (W)	Austin TX
12–17	Sr. Elite Training Camp (R)	Colorado Springs CO
17–22	J.O. Training Camp (II)	Colorado Springs, CO
25–28	U.S. Championships (M/W)(TV)	Salt Lake City, UT
25–29	Jr. Elite Training Camp (M)	Colorado Springs CO

SEPTEMBER

9–12	USA Gymnastics National Congress	Atlanta GA
12	World Championships Trials (R)	*Atlanta, GA
16–18	FIG Men's Coaches/Judges Symposium (M)	Lugano SUI
28–Oct 3	Regional Development Camp (M)	Colorado Springs, CO

OCTOBER

26–31	World Championships Team Training Camp (II)	Lake Placid NY
27–30	Olympic Congress of the USA	New York, NY USA
TBA	National T.O.P. Testing (W)	TBA

(Dates & Events Subject to Change or Cancellation) * =Tentative
Director of Special Events – *Mike Juszczyk*

NEW RULES—SAME CHAMPIONS

1993 McDONALD'S AMERICAN CUP

As one of the most highly acclaimed international competitions of the year, the 1993 McDonald's American Cup was a hotly contested battle between 31 competitors—22 of whom were 1992 Olympians—and prize money consisting of over $38,000.

The Orlando Arena in Orlando, Fla., was the site of the McDonald's American Cup for the third consecutive year. With a two-day attendance of nearly 12,000 fans, 1993 marked the 11th year in which McDonald's has been the proud sponsor of the McDonald's American Cup.

The theme of the 1993 McDonald's American Cup was trial and error. Since this event was one of the first international events to make use of the new Code of Points, the gymnasts were attempting new skills and routines to satisfy the more stringent requirements of the code. While there were many imperfections, it was exciting to see how each gymnast had changed his or her routines since the 1992 Olympic Games. Some gymnasts took it slow and added one or two skills; whereas, other gymnasts went all out and added new skills to each of their routines.

SCHERBO

MILLER

The ultimate winners, Vitaly Scherbo and Shannon Miller, took the more conservative approach and added a few new skills to their already difficult routines. Scherbo said, "I only added a little more difficulty because I want to do it slowly. I am working on other things and I will add them for the 1993 World Championships." Miller agreed that, she too, is working on new skills for the 1993 World Championships to be held in Birmingham, England on April 13-18.

The preliminary competition began on March 5 with the top eight men and women in the all-around competition advancing to finals on March 6, where the champions received the coveted McDonald's American Cup trophies.

STRUG

WOMEN'S PRELIMINARIES

[illegible] Strug, a member of the [illegible] 1992 Olympic [illegible] was victorious during [illegible] preliminary competition [illegible] the all [illegible] with a [illegible] 38.562. Strug, who [illegible] Dynamo Gymnastics [illegible] Steve Nunn [illegible] Peggy [illegible] scored a 9.662 on her [illegible] layout full and a [illegible] slightly changed [illegible] Strug, a native of [illegible] Ariz. won beam with [illegible] 9.675 using a press [illegible] planche flip flop [illegible] series flip flop [illegible] turn handstand to straddle [illegible] gainer flip [illegible] flip flop layout [illegible] series [illegible] dismounted with [illegible] double back. [illegible] remained a [illegible] routine since the [illegible] to [illegible] per [illegible] but [illegible] a little [illegible] and [illegible]

[illegible] took second with [illegible] 38.50 [illegible] on the [illegible] events vault, bars and floor. Each [illegible] [illegible] $3,000 [illegible] who also trains at Dynamo Gymnastics in Edmond, Okla. led the first two rounds of competition after scoring a 9.75 on her Yurchenko layout full vault and a 9.825—the highest score of the competition—on bars. Miller changed her bar dismount to a double layout. Beam was Miller's downfall during the preliminary competition, scoring 9.20. She fell on flip flop to three consecutive layouts. Miller's beam routine remains as always, loaded with difficulty. She uses two difficult series and dismounts with a piked full-twisting double back. floor. Miller changed her tumbling passes but kept the music from the Olympic Games. She mounted with a whip back to piked full in, back-out, second pass was a series of three whip backs to double twist, and she dismounted with a piked full in, back-out for a score of 9.75.

China's He Xueme ranked third all-around after preliminaries with a [illegible] 45. Xueme, 15, scored 9.225 on vault, [illegible]

[illegible] found a beautiful [illegible] round. [illegible] full twist on [illegible] floor. [illegible] also showed [illegible] bar routine with [illegible] Xueme was [illegible] fourth [illegible] 1992 [illegible] and was [illegible] 1991 World Championships team [illegible] Portocarrero, 15, finished fourth in the all-around with [illegible] She [illegible] her best [illegible] beam, which dropped [illegible] in the rankings. [illegible] make the [illegible] so I was very happy [illegible] fourth all around and [illegible] better [illegible]

Portocarrero competed [illegible] 1992 Olympic Games [illegible] an individual [illegible] Guatemala. She currently trains in Cana[illegible] with her coach, [illegible] Orchard.

Japan's Mari Kosuge [illegible] was making her [illegible] the Mc[illegible] American [illegible] up all [illegible] with [illegible] 1992 [illegible] parti[illegible] pant[illegible] [illegible]

Belarus' Elena Pisk[illegible] [illegible] difficulty [illegible] [illegible]

PISKUN

on floor scoring an 8.75 Her first pass was a whip back, full twist, flip flop to double full and she dismounted with a triple full but fell out of bounds

Although sixteen-year-old Dominique Dawes and Amanda Borden, 15, finished seventh and eighth all around, they were not permitted to advance to finals due to the rule that allows no more than two athletes from the same country to enter the finals competition

Dawes, from Hill's Angels in Gaithersburg, Md , scored a 9 40 on beam and dismounted with a very difficult series—flip flop, flip flop, full-in, back-out. Dawes, coached by Kelli Hill, tried some new things on floor as well. Her first pass was a double layout, which she landed a little short, her second pass was her well-known trademark double series pass and she ended with a pike double back She attempted a Yurchenko one-and-a-half twist vault, but fell, and this vault, combined with her Yurchenko layout full, averaged a 9 312 Dawes had problems on bars, missing her Tkatchev for a score of 8 85

Borden, from Cincinnati Gymnastics, upgraded each of her routines since the 1992 Olympic Trials, where she finished seventh all-around On vault she used a front handspring front barani out but fell on the first attempt and averaged a score of 8 825 On bars she added a third release and a double front dismount and scored a 9 475 On beam her score was 9 375 and on floor she added a double layout, but fell short, scoring 8 725

Both Dawes and Borden have added a great deal of difficulty and with a little more polish will be top contenders in the world of gymnastics

Canada's Stacey Galloway and Romania's Vanda Hadarean, who was a member of the silver medal Romanian team from the 1992 Olympic Games, moved into seventh and eighth places and qualified into finals with scores of 36 325 and 36 20, respectively

Sixteen-year-old Michelle Campi, from Pozsar's Gymnastics, has been working hard to increase her difficulty She showed many of the new skills at this event, including a standing full twist on beam which she successfully completed Campi, coached by Rick Newman and Geza Pozsar, also attempted a double layout and a triple full on floor, plus she added a hop full turn on bars. Although she had a few problems in some areas, Campi will be one to watch when she perfects her new routines

1992 Olympians Liudmila Stobvtchataia from Ukraine, Virginie Machado from France, Andrea Molnar from Hungary and Snejana Hristakieva from Bulgaria, rounded out the field of competitors in the McDonald's American Cup, but did not qualify to finals.

Women's Finals

USA Gymnastics invited Tatiana Gutsu, the Olympic all-around champion, to compete in the 1993 McDonald's American Cup, but a telex was sent to the Federation proclaiming that Gutsu was no longer training in gymnastics and declined the invitation to compete With the retirement of Gutsu, Miller is the number one ranked gymnast in the world—and it showed at the 1993 McDonald's American Cup!

Miller led throughout the entire competition scoring 9 731 on vault, 9 812 on bars, 9 875 on beam and 9 85 on floor to total 39 268 Miller was especially happy with the victory since this is her fourth attempt at the McDonald's American Cup title

Strug was just behind Miller with a 38 618 to earn the silver medal She said, "this is my third time in this meet and this year is the first time I've made finals I'm happy with the results"

Piskun won the bronze medal with 37 837 She had one major mistake in the competition on floor Her second pass was off so she did a whip, full twist to flip flop, flip flop, layout and scored a 9 20

Xuemei placed fourth with a fall on beam She missed her round off layout and scored 9 087

Portocarrero placed fifth all-around, down one spot from the preliminary competition. She did a beautiful Yurchenko full for her first vault and on her second attempt of the same vault, she fell, averaging 8 331.

At the final banquet, Portocarrero won the Frank Bare award, an award given to the athlete who portrays the meaning of true excel-

lence, spirit, competitiveness, and sportsmanship Each delegation, from the 17 countries competing, voted for the Frank Bare award winner

Hadarean finished sixth in the all-around, followed by Kosuge and Galloway

Men's Preliminaries

There was excitement on the men s side even before the competition began concerning whether or not the 1992 Olympic Champion, Vitaly Scherbo, would compete Scherbo s wife, Irina, had a baby daughter, Kristina, on Thursday, March 4—just one day before the McDonald's American Cup Unfortunately, Scherbo was already in Orlando when his wife went into labor on Wednesday, March 3, and couldn't get to his temporary home in Pennsylvania to be with his wife until Thursday afternoon. Scherbo elected to stay in Orlando, compete in the event and fly home after the competition had concluded

Scherbo was on the phone nearly all Wednesday night communicating the doctor's instructions to his wife who speaks very little English. The result—a healthy six-pound baby girl!

When asked if baby Kristina will be a gymnast, Scherbo replied, "Oh no! One gymnast in the family is enough!"

One would never guess that Scherbo had been awake all night and was preoccupied with the birth of his new daughter He won three events in the preliminary round of competition—floor, vault, and parallel bars—and led the all-around with a score of 56.75 The $3,000 Scherbo earned by winning the three events will certainly come in handy supporting his new family

Lance Ringnald, who trains at Gold Cup Gymnastics in Albuquerque, N.M. with coach Ed Burch, placed second all-around in preliminaries with a 55 65 Ringnald, who is a two-time Olympian, won high bar with a 9 40 Ringnald, 22, stayed consistent scoring 9 20 on floor, 9 10 on horse, 9 45 on rings, 9 25 on vault and 9 30 on parallel bars

Germany's Andreas Wecker was seated in third place and won rings with a score of 9 625 Wecker's lowest scoring event was a 9 0 on high bar, which is usually one of his better events In fact, Wecker won the silver medal on high bar and placed fourth all-around at the 1992 Olympic Games

UCLA's Chris Waller, coached by Art Shurlock and Yefim Furman, finished fourth all-around with 55 15 Like Ringnald, Waller, 24, was consistent in all six events scoring 9.35 on floor, 9 30 on horse, 9.35 on rings, 9 0 on vault, 9 10 on parallel bars and 9 05 on high bar

Romania's Marius Gherman finished fifth all-around and won pommel horse with a 9 45 Gherman, 25, finished seventh all-around at the 1992 Olympic Games but had problems on rings, scoring an 8 75

Ukraine's Rustam Sharipov finished sixth with a 54.55 Sharipov was a member of the gold medal Unified Team from the 1992 Olympic Games Sharipov, 22, talked about the formation of the new republics 'I think the Ukraine and Russia Republics

USA Gymnastics Photo © Dave Black

RINGNALD

WECKER

are the top ones," said Sharipov "Ukraine has Igor Korobchunsky, Grigori Misutin, and myself while Russia has Sergei Kharkov, Alexei Vorapaev, Dmitri Karbonenko and Alexander Kalivanov, plus Leonid Arkiev is their coach Belarus is ranked number three in Sharipov's opinion. This team has Scherbo and Ivan Ivankov

Sharipov added, "It's not good to compete against former teammates I'd rather compete as one team. Ukraine doesn't have a national team, we just have three big gymnasts "

Hungary's Zoltan Supola finished seventh with 54 10 Supola finished 12th all-around at the 1992 Olympic Games

From the Olympic Training Center in Colorado Springs, Colo , Gregg Curtis finished eighth but could not advance to finals due to the two-athletes-per- country rule Curtis, 25, was competing in his first major international event Curtis is coached by Ron Brant and Kurt Thomas

Italy's Gianmatteo Centazzo moved up to the eighth spot and advanced to finals Centazzo was a member of Italy's fifth place team at the 1992 Olympic Games

Other athletes in the competition were Keuchi Umino from Japan in ninth place, Great Britain's Neil Thomas in 10th, Spain's Alberto Bravo in 11th, Switzerland's Rene Pluss in 12th and Mexico's Francisco Lopez in 13th.

Two additional athletes were unable to complete the competition due to injury—China's Li Dashuang and USA's Scott Keswick from UCLA Keswick hurt his knee on the first event, pommel horse He tried to finish the competition, but after a fall on high bar, decided to withdrawal from his last event, parallel bars

Men's Finals

Scherbo, winner of the Jesse Owens International Award which named him the top amateur athlete in the world, dominated the competition, winning by over a full point with a score of 56 95 His highest score was a 9 70 on vault using a Yurchenko layout double full and his lowest score was a 9 25 on high bar An interesting note, in the last three years (1991, 1992 and 1993) Scherbo has never finished below third all-around in an international competition.

Sharipov

Ringnald earned the silver medal in the all-around with a score of 55 70 Ringnald said, "I've been here four times and placed second three times He added, 'When you place second to Vitaly and the other competitors here at this event, you know you're doing well

A fifth place finisher at the 1991 McDonald's American Cup, Wecker won the bronze medal in 1993 with a score of 55 175 Wecker is a two-time Olympian at age 23

Sharipov, 22, placed fourth with 55 00. He was consistent and had exceptionally high Tkatchevs on high bar This makes Sharipov's third trip to the United States He won the 1990 Olympic Cup in Salt Lake City, Utah, was the alternate for his team at the 1991 World Championships in Indianapolis, Ind , and traveled to Orlando for the 1993 McDonald's American Cup

Gherman, who placed seventh all-around at the 1992 Olympic Games, placed fifth in Orlando He's another two-time Olympian and has been Romania's best male gymnast for the past decade.

Waller finished sixth in the all-around with his highest score of the day on horse with a 9 40 and his lowest score on vault with an 8 80

Supola, who finished 12th all-around at the 1992 Olympic Games, finished seventh at the McDonald's American Cup Centazzo was injured during the touch warm up on floor and did not finish the competition.

1993 McDonald's American Cup Results

Men's Preliminary

#	Name	Country	Floor	Horse	Rings	Vault	P-Bars	H-Bar	All-Around
1	Vitaly Scherbo	BLR	9.500	9.250	9.450	9.650	9.600	9.300	56.750
2.	Lance Ringnald	USA	9.200	9.100	9.400	9.250	9.300	9.400	55.650
3	Andreas Wecker	GER	9.300	9.100	9.625	9.200	9.300	9.000	55.525
4	Chris Waller	USA	9.350	9.300	9.350	9.000	9.100	9.050	55.150
5.	Marius Gherman	ROM	9.100	9.450	8.750	9.550	9.050	9.100	55.000
6	Rustam Sharipov	UKR	8.700	9.050	9.350	8.850	9.450	9.150	54.550
7	Zoltan Supola	HUN	8.500	9.050	9.050	9.200	9.150	9.150	54.100
***	Gregg Curtis	USA	8.850	8.300	9.150	9.350	9.250	7.700	52.400
8	G. Cantazzo	ITA	8.400	9.100	8.750	8.900	8.500	8.400	52.050
9.	Koichi Umino	JPN	8.600	8.700	8.400	9.050	8.300	8.750	52.000
10.	Neil Thomas	GBR	9.300	7.100	8.900	8.650	8.850	8.850	51.650
11	Alberto Bravo	ESP	9.000	8.050	8.850	9.100	7.650	8.550	51.200
12.	Rene Pluss	SUI	8.700	7.650	8.300	9.100	8.300	9.100	51.150
13.	Francisco Lopez	MEX	8.400	7.350	8.500	9.100	9.000	8.750	51.100
***	Scott Keswick	USA	9.350	7.950	9.550	9.350	8.000	8.450	44.650
14	Li Dashuang	CHN	8.250	8.050	0.000	8.150	0.000	0.000	25.250

Men's Final

#	Name	Country	Floor	Horse	Rings	Vault	P-Bars	H-Bar	All-Around
1.	Vitaly Scherbo	BLR	9.650	9.300	9.400	9.700	9.650	9.250	56.950
2	Lance Ringnald	USA	9.300	9.100	9.350	9.300	9.250	9.400	55.700
3	Andreas Wecker	GER	8.900	9.100	9.525	9.200	9.200	9.250	55.175
4	Rustam Sharipov	UKR	9.150	9.050	9.250	9.000	9.600	9.150	55.000
5	Marius Gherman	ROM	9.150	9.300	8.800	9.400	9.050	9.150	54.850
6	Chris Waller	USA	8.950	9.400	9.250	8.800	9.200	9.050	54.650
7	Zoltan Supola	HUN	8.700	8.900	9.250	9.200	9.050	8.600	53.700
8	G. Cantazzo	ITA	0.000	8.600	0.000	0.000	0.000	0.000	8.600

Women's Preliminary

#	Name	Country	Vault	Bars	Beam	Floor	All-Around
1	Kerri Strug	USA	9.662	9.750	9.675	9.475	38.562
2	Shannon Miller	USA	9.750	9.825	9.200	9.725	38.500
3	Nie Xuemei	CHN	9.225	9.650	9.575	9.000	37.450
4	L. Portocarrero	GUA	9.325	9.600	8.350	9.575	36.850
5	Mari Kosuge	JPN	9.575	9.325	8.800	9.000	36.700
6	Elena Piskun	BLR	9.500	9.050	9.200	8.750	36.500
***	Dominique Dawes	USA	9.312	8.850	9.400	8.900	36.462
***	Amanda Borden	USA	8.825	9.475	9.375	8.725	36.400
7	Stacey Galloway	CAN	9.250	9.375	8.650	9.050	36.325
8	Vanda Nodarean	ROM	8.750	9.150	9.425	8.875	36.200
***	Michelle Campi	USA	9.400	8.725	9.150	8.500	35.775
9	L. Stelvitchstein	UKR	9.000	9.250	8.875	8.375	35.500
10.	Virginie Machado	FRA	9.037	9.325	9.000	7.900	35.262
11	Andrea Molnar	HUN	9.500	8.950	7.750	8.250	34.450
12.	S. Hristakieva	BUL	8.850	8.800	7.250	7.100	32.000

Women's Final

#	Name	Country	Vault	Bars	Beam	Floor	All-Around
1	Shannon Miller	USA	9.731	9.812	9.875	9.850	39.268
2.	Kerri Strug	USA	9.681	9.725	9.650	9.562	38.618
3.	Elena Piskun	BLR	9.725	9.575	9.337	9.200	37.837
4	Nie Xuemei	CHN	9.456	9.750	9.087	9.162	37.455
5	L. Portocarrero	GUA	8.331	9.725	9.525	9.625	37.206
6	Vanda Nodarean	ROM	8.925	9.275	9.475	9.087	36.762
8	Mari Kosuge	JPN	9.412	9.462	7.837	9.087	35.798
9	Stacey Galloway	CAN	9.362	8.712	8.962	8.137	35.173

Sportsport Photographic c/o Jerry Lang

Belarus' Elena Piskun and Vitaly Scherbo

Reebok

RESULTS

1.	Elena Piskun	BLR	28.762	
	Vitaly Scherbo	BLR	28.465	
			Total	57.227
2.	Kerri Strug	USA	29.087	
	Chris Waller	USA	27.899	
			Total	56.986
3.	He Xuemei	CHN	28.237	
	Li Dashuang	CHN	26.732	
			Total	54.969
4.	Shannon Miller	USA	19.525	
	Lance Ringnald	USA	18.500	
			Total	38.025
5.	L. Stolyvtchenko	UKR	18.400	
	Rustam Sharipov	UKR	18.400	
			Total	36.800
6.	Amanda Borden	USA	18.412	
	Neil Thomas	GBR	18.300	
			Total	36.712
7.	Luisa Portocarrero	GUA	18.750	
	Rene Pluss	SUI	17.566	
			Total	36.316

1993 REEBOK INTERNATIONAL MIXED PAIRS

SCHERBO SHINES DURING "MARCH-MADNESS" MANIA

By Greg Seiter

"March-madness" has nothing to do with NCAA basketball, at least in the eyes of Vitaly Scherbo, currently the world's greatest male gymnast. In the early hours of March 4, the Minsk, Belarus resident yelled long-distance instructions into his Orlando hotel telephone, helping his wife deliver their baby, a six-pound daughter named Kristina. Two days later, he won the 1993 McDonald's American Cup competition in Orlando, Fla. After a brief, near sleepless visit with his wife and daughter in their temporary Pennsylvania home, Scherbo traveled to Atlanta, Ga. where he teamed with 15-year-old Elena Piskun, also of Belarus, to win the Reebok International Mixed Pairs competition March 10. Whew!!

Sportsport Photographic c/o Jerry Lang

Chris Waller and Kerri Strug

Scherbo, 21, and Piskun combined for an all-around score of 57.227, edging Chris Waller (UCLA) and Kerri Strug (Dynamo Gymnastics), of the United States, who finished with a score of 56.986. Li Dashuang and He Xuemei of China finished third all-around with a 54.969.

Under the rules of the meet, which was held in The Omni, a man and woman are paired, although competing on separate equipment. The pair's combined score determines who advances through the three rounds of competition.

The United States dominated competition in the first round as Lance Ringnald (Gold Cup Gymnastics) and Shannon Miller (Dynamo Gymnastics) led the 14-team field with a 19.050. Waller/Strug and the Gregg Curtis (USOTC)/Dominique Dawes (Hill's Angels) duo tied for second place at 19.033. According to competition rules, only two couples from the United States could advance to the seven-team second round. Due to tie breaking

Kerri Strug, Shannon Miller, Dominique Dawes, Amanda Borden, Chris Waller, Lance Ringnald and Gregg Curtis.

procedures, which involved individual scoring by judges, Curtis and Dawes were eliminated, and the Waller/Strug duo moved on to round two.

Scherbo was easily recognizable in round two, even without the six Olympic gold medals he won in Barcelona, as he and Piskun vaulted into first place with a 38.086. Waller and Strug were a close second at 38.053, locking a spot in the finals as only one American team could advance. Ringnald and Miller scored a 38.025, good for third place in round two, but elimination from the three-team final round. Dashuang and Xuemei rounded out the field for round three.

Miller's 16th birthday, which occurred on the day of the competition, could have been a lot sweeter with a Mixed Pair's victory, but overall, the all-around silver medalist from the 1992 Olympics seemed happy with her performance.

Scherbo didn't stop for interviews after the event, he headed straight for the hotel to pack his bags and get to his real prize — his new baby daughter.

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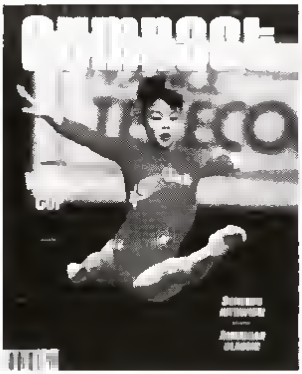

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FACES IN THE GYM

TARYN APGOOD
SALT LAKE CITY, UTAH

Taryn 11 was the Level 9 gold medal winner at the 1992 USGF Region 1 Championships in Baton Rouge, Louisiana. She also won the silver medal on vault. Taryn competes for Rocky Mountain Gymnastics in Murray, Utah and is coached by Mark Lee and Mary Wright. In her spare time, Taryn presents assemblies to children on physical fitness, nutrition and personal goals.

JENNA CLINKSCALES
BLAKELY, GEORGIA

Jenna, 8, trains at All American Gymnastics in Dothan, Alabama and is coached by Hugh and Marie Morrison. Despite breaking her ankle two days before the 1993 Level 5 USGF State Championships, Jenna placed first on the balance beam. The only other event she was able to compete in was bars. Jenna maintains straight A's in school, even though she makes an 80 mile round trip to the gym 3 nights a week.

JEANA PREIMATS
ASHEBORO, NORTH CAROLINA

Jeana 12, competes for Randolph Asheboro YMCA in North Carolina and is coached by Donna Hughes. She led her team to victory in Level 5 and then, in the same season, won the gold medal on balance beam during the Level 7 North Carolina State Championship. Jeana also won medals on floor, bars, and all around, which now qualifies her for Level 8 competition.

MAZIKO FALKE
SACRAMENTO, CALIFORNIA

Maziko recently turned five years old and trains at Pozsers Gymnastics After 18 months of gymnastics training she already shows great promise According to coach Rick Newman at age four Maziko could do a round off, flip flop, back salto, a glide kip and a cast to handstand on bars and was strong enough to do 10 consecutive straddle roll ups to a right handstand Certainly if Maziko maintains this type of interest, her future should be quite bright

KATHRYN SCHAAL
SAN ANTONIO, TEXAS

Kathryn, 10 won 12 out of 13 all-around competitions in 1992, including the District and South State Championships She won gold medals on bars beam and floor, during the Level 5 State Championship She also took the all around honors with a score of 38 30 Kathryn trains at Harris Unlimited Gymnastics School and is coached by Mike Harris.

Would you like to be included in the Faces in the Gym Section? Send a recent photo and a paragraph of information to: USA Gymnastics, Faces in the Gym, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

Photos can be black and white or color. Sorry, photos cannot be returned.

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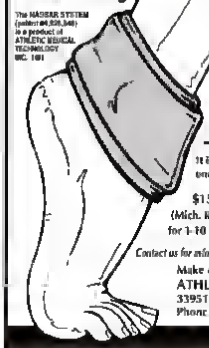

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EVENT RESULTS

1993 WORLD GYMNASTICS CHAMPIONSHIPS

BIRMINGHAM, GREAT BRITAIN • APRIL 12-18, 1993

WOMEN

All-Around

1 Shannon Miller	USA	39.062
2 Gina Gogean	ROM	39.055
3 Tatiana Lisenko	UKR	39.011
4 Dominique Dawes	USA	38.830

Event Finals

Vault

1 Elena Piskun	BLR	9.762
2 Lavinia Milosovici	ROM	9.737
3 Oksana Chusovitina	UZB	9.718
5 Kerri Strug	USA	9.662

Uneven Bars

1 Shannon Miller	USA	9.887
2 Dominique Dawes	USA	9.800
3 Andreea Cacovean	ROM	9.787

Balance Beam

1 Lavinia Milosovici	ROM	9.850
2 Dominique Dawes	USA	9.725
3 Gina Gogean	ROM	9.650
8 Shannon Miller	USA	7.850

Floor

1 Shannon Miller	USA	9.787
2 Gina Gogean	ROM	9.737
3 Natalia Bobrova	RUS	9.712
6 Kerri Strug	USA	9.587

MEN

All-Around

1 Vitaly Scherbo	BLR	56.174
2 Sergei Charkov	RUS	55.625
3 Andreas Wecker	GER	55.450
9 Scott Keswick	USA	54.875

Event Finals

Floor Exercise

1 Grigori Misutin	UKR	9.400
2 Neil Thomas	GBR	9.350
2 Vitaly Scherbo	BLR	9.350

Pommel Horse

1 Gil Su Pae	PRK	9.750
2 Andreas Wecker	GER	9.425
3 Karoly Schupkegel	HUN	9.400
6 Chris Waller	USA	8.650

Rings

1 Yuri Chechi	ITA	9.625
2 Andreas Wecker	GER	9.575
3 Ivan Ivankov	BLR	9.500
7 Scott Keswick	USA	9.300

Vault

1 Vitaly Scherbo	BLR	9.612
2 Chang Feng Chih	TPE	9.487
3 Yun Ok Yuul	KOR	9.418

Parallel Bars

1 Vitaly Scherbo	BLR	9.600
2 Igor Korobchinski	UKR	9.525
3 Valeri Belenki	UNA	9.475

High Bar

1 Sergei Charkov	RUS	9.450
2 Marius Gherman	ROM	9.375
3 Zoltan Supola	HUN	9.350
7 Scott Keswick	USA	8.800

Coverage of the 1993 World Championships will appear in the July/August issue.

1993 AMERICAN CLASSIC NATIONALS

By Steve Whitlock

The 1993 American Classic was conducted March 25-28 at the Salt Palace in Salt Lake City. The competition was sanctioned by USA Gymnastics and conducted by local host Rocky Mountain Boosters and the Rocky Mountain Team Fund under the able leadership of Mark Lee, Mary Wright and Les Gordon. Utah once again proved to be gracious and capable hosts to all.

The American Classic is the first of two Classic competitions that qualify the Junior and Senior International athletes to the U.S. Championships that will also be conducted in Salt Lake City in August.

This years' American Classic was of particular importance since it served as the 1993 World Championships Trials, re-ranking of the top 16 seniors and top 8 juniors for international competition selection, the selection meet for The U.S. Olympic Festival (top 16 Srs. and 8 Jrs.), as well as distribution of USA Gymnastics athlete support funds.

Olympian Shannon Miller performed exhibition optional routines only since she was prequalified for the World Championships. Joining Miller in Birmingham, Great Britain, will be Kerri Strug, Dominique Dawes and Amanda Borden.

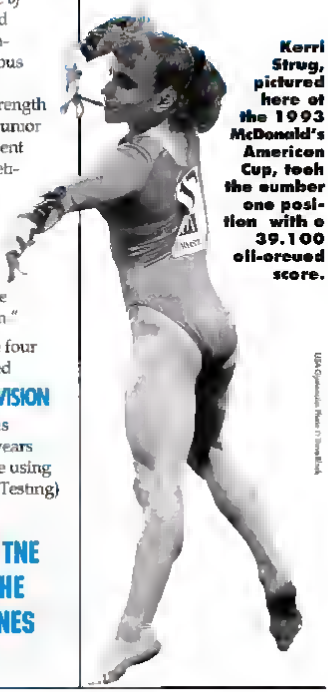
The American Classic represented the first national opportunity for the athletes to debut their new routines with increased difficulty. Kathy Kelly noted that, "A great number of competitors were able to meet the high demands of the new *Code of Points*. The coaches and athletes should be commended for their obvious hard work. It was also gratifying to see the strength and depth of the new junior competitors." Kelly went on to say," This competition included 38 seniors from 22 clubs and 26 juniors from 16 clubs—this is an excellent indication of the broad base of the women's elite program."

This year, there were four elite divisions contested.

JUNIOR NATIONAL DIVISION

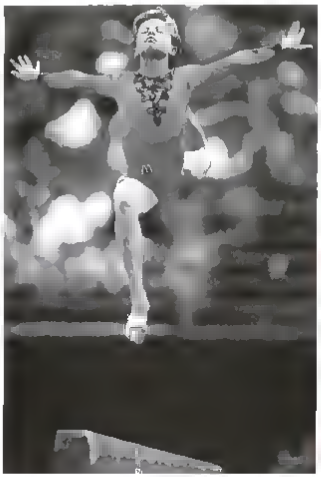
This division includes gymnasts aged 10-13 years. The gymnasts compete using Element Testing (Jr. B Testing).

THE AMERICAN CLASSIC REPRESENTED THE FIRST NATIONAL OPPORTUNITY FOR THE ATHLETES TO DEBUT THEIR NEW ROUTINES WITH INCREASED DIFFICULTY.



Kerri Strug, pictured here at the 1993 McDonald's American Cup, took the number one position with a 39.100 all-around score.

USA Gymnastics Photo © Steve Whitlock



USA Gymnastics Photo: Steve Black

Amaedo Bordeo, pictured here at the 1993 McDonald's American Cup, was third place with an all-around score of 38.225.

and Optionals (Competition II rules*). Testing counts 40% and optionals 60% towards the all-around score. The top three all-around performers were Heidi Prosser (Puget Sound Gymnastics/Brad Loan), Mary Beth Arnold (Flips Gymnastics/Neil Resnick), and Onnie Willis (Pudget Sound Gymnastics/Brad Loan).

SENIOR NATIONAL DIVISION

Ages 14 years and older, these gymnasts competed using '96 Compulsory testing (30%) and Optionals (70%) utilizing Competition II rules.* The all-around winners were Heidi Harriman (Peach State/Rick Walker), Amy Murakami (NEGE/Maureen Chagnon), and Keri Monahan (Atlantic Coast/Ken Anderson).

JUNIOR INTERNATIONAL DIVISION

The gymnasts in this division are 10-14 years of age and competed using '96 Compulsory testing (30%) and Optionals (70%). Competition II rules are used.* Tanya Meyers (Dynamo/Steve Nunno), Doni Thompson (Colorado Aerials/Tom and Lori Forster), and Jennie Thompson (Karolyi's/Martha Karolyi) were the top three finishers in the all-around.

SENIOR INTERNATIONAL DIVISION

This is the top elite division. The gymnasts are 14 years and older and were re-ranked in Utah on the basis of optional competition only (competition III rules).* The top three senior international competitors were Kerri Strug (Dynamo/Steve Nunno), Dominique Dawes (Hills/Kelli Hill), and Amanda Borden (Cincinnati Gym/Mary Lee Tracey).

* except for vault, which is governed by Competition IB rules

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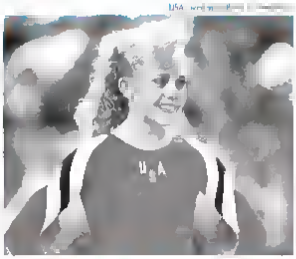
1993 AMERICAN CLASSIC NATIONALS RESULTS

SENIOR INTERNATIONAL ALL-AROUND STANDINGS

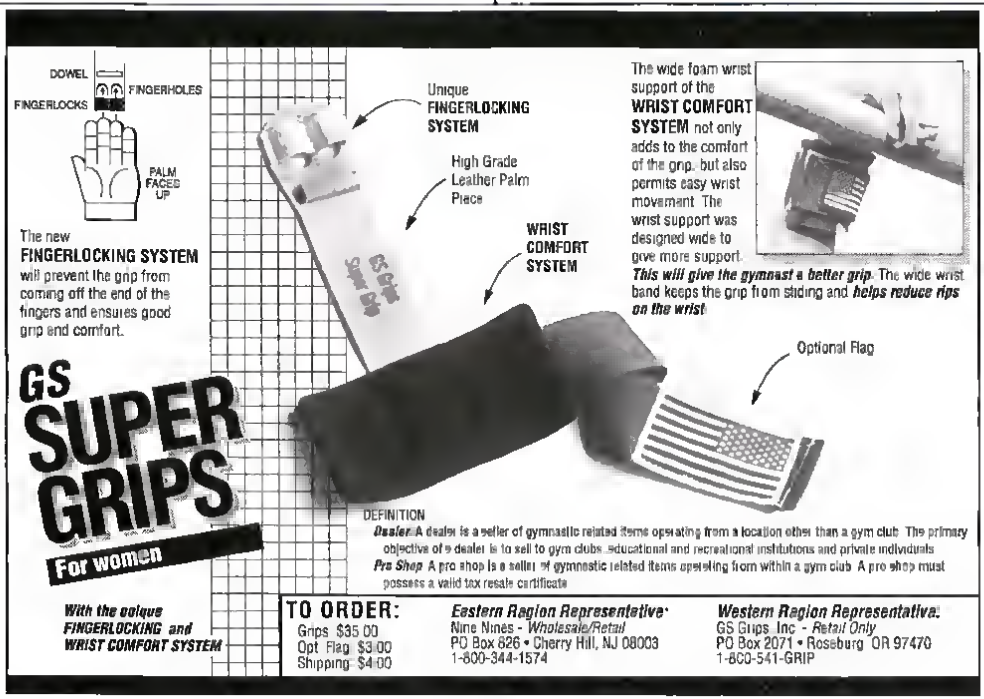
#	Athlete	Club	VT	UB	BB	FX	AA
1	Kerri Strug	Dynamo	9.600	9.900	9.800	9.800	39.100
2.	Dominique Dawes	Hill's Angels	9.800	9.850	9.650	9.775	39.075
3	Amanda Borden	Cincinnati	9.600	9.675	9.675	9.275	38.225
4	Heidi Hornbeck	Sunrays	9.650	9.400	9.775	9.200	38.025
5.	Martha Grubbs	Parkettes	9.500	9.450	9.550	9.500	38.000
6.	Kristin McDermott	Parkettes	9.600	9.700	9.500	8.900	37.700
7	Heather Brink	Dynamo	9.475	9.075	9.425	9.275	37.250
8.	Michelle Campi	Poisars	9.425	9.800	9.200	8.800	37.225
9	Amber Erdos	Desert Devils	9.375	9.100	9.175	9.500	37.150
10	Marianna Webster	Dynamo	9.250	9.275	9.225	9.175	36.975
11	Mohini Bhardwaj	Brown's	9.300	9.325	9.475	8.850	36.950
12.	Lisa Gianni	Northstars	9.375	8.975	9.175	9.100	36.825
13.	Summer Reid	Flips Gym	9.350	9.425	8.950	8.900	36.625
14	Jessica Washburn	Amer. Twist.	9.275	9.750	8.400	9.175	36.600
15.	Karen Lichev	Cincinnati	9.325	8.700	9.400	9.125	36.550
16.	Ashley Kever	Capital	9.225	9.100	9.400	8.800	36.525



Heidi Horeheck, pictured here at the 1992 USA-Japan Dual Competition, placed fourth in all-around.

JUNIOR INTERNATIONAL ALL-AROUND STANDINGS

#	Athlete	Club	VT	UB	BB	FX	AA
1	Tanya Maters	Dynamo	9.000	9.450	9.650	9.100	37.200
2.	Dani Thompson	Colo. Aerials	9.375	9.500	8.825	9.450	37.150
3.	Jennie Thompson	Karolyi's	9.075	9.350	9.300	9.400	37.125
4.	Erin Johnson	Desert Devils	9.375	9.200	8.800	9.325	36.700
5	Jamie Martin	Cypress Acad	9.000	9.200	9.300	8.875	36.375
6	Eileen Diaz	Cypress Acad	9.250	9.375	9.225	8.500	36.350
7	Bridget Knaeble	Twin City	9.175	8.850	9.525	8.775	36.325
8.	Monica Flammer	Karolyi's	8.950	9.150	9.300	8.775	36.175



Domielque Dowes took second place in the senior international all-around standings.

SENIOR NATIONAL ALL-AROUND STANDINGS

#	Athlete	Club	AA
1	Heidi Harriman	Peach Tree	72.905
2.	Amy Murakami	New England	71.930
3.	Keri Monahan	Atlantic Coast	71.855
4	Leah Brown	Atlanta School	71.435
5.	Missy Lempelelus	Colorado Aerials	70.975
6	Jamie Basile	Illinois Gym	70.940
7	Abby Burns	Atlanta School	70.910
8	Beth Amelkovich	Illinois Gym	70.345
9	Amy Neil	Arizona Twisters	69.805

JUNIOR NATIONAL ALL-AROUND STANDINGS

#	Athlete	Club	AA
1	Heidi Lorsser	Puget Sound	73.230
2.	Mary Beth Arnold	Flips Gymnastics	72.640
3.	Onnie Willis	Puget Sound	71.350
4	Amanda Mueller	Saltos	70.610
5.	Dawnell Barr	Spence Gymnastics	70.230
6.	Jennifer Carow	Saltos	69.990
7	Breanna Rutherford	New England	69.850
8.	Alexis Brion	Gymstrada	68.900
9	Nicole Bongiovanni	CATS	68.830
10	Talya Vexler	New England	68.550
11	Alexa Martinez	Capitol	68.350
12.	Stephanie Roy	Puget Sound	68.140

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If you would like to ask Kim Zmeskal a question, write to USA Gymnastics, Chalk Talk, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indpls., IN 46225.

ZMESKAL CHALK TALK

USA Gymnastics Photo © Steve Black

Kim Zmeskal, who was the 1991 World Champion, won three consecutive U.S. Championship titles, two McDonald's American Cup titles and was a major contributor to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games

Dear Kim,
I'm 11 years old and competing in Level 6 for YMCA in Canadaigua. When did you feel you were good enough to go to Bela's gym?
Kim Breed
Manchester, NY

DEAR KIM,
I started gymnastics in Houston at Karolyi's Gym. There are gymnasts categorized anywhere from tots to elites.

Dear Kim,
I'm a Level 5 at Spectrum Gymnastic Training Center. Do you get nervous before a big competition?
Ame Bistow
Silverdale, WA

DEAR AME,
Generally, I am not too nervous for big competitions. Bela and Martha Karolyi make sure that I am well-prepared, but there is always that tiny bit of nervous energy that can be used to your advantage.

Dear Kim,
How did it feel to be in the Olympics and stand on the podium to receive a bronze medal?
Lindsay Murphy
Germantown, MD

DEAR LINDSAY,
Just being a part of the Olympics was a thrill in itself, but finishing the Team Competition with the bronze medal is a moment I'll never forget! Standing up on that podium with the whole team was very special because we had all worked very hard to accomplish this goal.

Dear Kim,
Who was your biggest inspiration when you first started gymnastics? Also, who do you think will be the next up-and-coming stars?
Kate Metz
Houston, TX

DEAR KATE,
When I began gymnastics, I wanted to be just like Mary Lou Retton, I watched the movie Nadia about a million times and admired her also. It is difficult to name specifically who the next up-and-coming stars will be. There are so many young gymnasts out there with tremendous potential.

Dear Kim,
I am 10 years old and I would like to be a gymnast. Is it hard to be a gymnast? Does it take a long time to learn how to be good in gymnastics?
Steffany Kenneth
Lockport, NY

DEAR STEFFANY,
Gymnastics is a fun, yet challenging sport. As in most activities, people progress at different speeds. What is important is that you enjoy doing it. Good luck!

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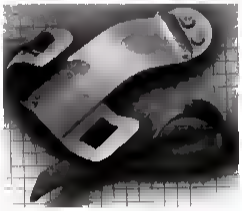

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SIX MEN ELECTED TO U.S. GYMNASTICS HALL OF FAME

Six of America's most talented gymnasts were honored during the annual banquet of the National Association of Collegiate Gymnastics Coaches in Albuquerque, N.M. These athletes include Jay Ashmore, Larry Banner, Irv Bedard, Jack Miles, and posthumous awards were given to Franz Kanis and John Bissinger.

Ashmore and Miles competed for Florida State. Ashmore was the first American to dismount from the rings with a double back somersault and the first to perform a double back in a floor exercise routine. Miles, who performed as a "stand-in" for stars like Frank Sinatra and others, invented the "Whippet" on the rings. Twenty years after introducing this element in the early 1950's, it was credited to a Japanese Olympian named Honma and is currently in the Code of Points.

Banner competed for the U.S. on two Olympic squads (1960 and 1964), and on two U.S. World teams (1958 and 1962). He won many national, regional and collegiate titles, including two PAC 10 all-around titles while at UCLA.

Bedard was coached from childhood by his father and became one of the greatest tumblers the world has known. He was the first tumbler to perform a double twisting front somersault, which is rarely seen, even today. Bedard competes in senior diving meets executing the twists and somersaults that won him four Amateur Athletic Union titles.

Kanis and Bissinger competed early in the century for the New York Turners winning numerous national Turner and Amateur Athletic Union titles. Bissinger remained active as a judge for many years and Kanis coached the 1936 U.S. Men's Olympic Gymnastics Team.

A SILVER, A BRONZE, AND NOW A DIAMOND FOR SHANNON MILLER

Shannon Miller turned sweet 16 on March 10 and, for the first time in a long time, she took "time-out" to celebrate her birthday in typical teen fashion. But what made this party extra special was a gift from her parents.

Shannon has already taken home the gifts of silver and bronze from the Olympics and to celebrate this traditional milestone, she can add a diamond to her collection. Shannon's parents marked this turning point by surprising Shannon with a one half carat Sweet 16 diamond pendant.

Because of Shannon's dedication to gymnastics, she has not had time for a real birthday celebration since she was nine years old. So this year Shannon celebrated with pizza, go-carts and a slumber party.

One of Shannon's biggest fans, Jim Clark of B.C. Clark Jewelers in Oklahoma City, provided the pendant and the party as a thank you for the pride she brought to her home state during the Olympics.

OREGON STATE UNIVERSITY NEW GYMNASTICS FACILITY

Oregon State gymnasts now have the opportunity to train in what many consider to be one of the finest practice facilities in the nation for collegiate gymnastics.

The Beavers moved from their long-time practice facility in Langton Hall to the newly renovated Mitchell Playhouse, during the fall of 1992.

"This facility will allow us to train athletes to reach their potential," said OSU coach Jim Turpin. "In our old facility, we were unable to reach the difficulty level in our routines that would allow us to compete with the best. The new gym allows us to train at the difficulty level we need and do so in a safe manner."

GYMNASTICS MOST POPULAR OLYMPIC SPORT

The International Olympic Committee recently released information from the 1992 Olympic Games television broadcast.

The good news is that gymnastics was the favorite Olympic sport among the American television audiences.

The better news is that the 27.7 percent audiene share in the U.S. was the largest audience watching any Olympic sport.

Just as Americans picked gymnastics as their favorite sport, television viewers in Brazil picked basketball, Britain preferred track and field, soccer in Italy, swimming in New Zealand and the women's marathon in Japan.

The Barcelona Games were watched by 16.8 billion people in 200 countries, a large increase from the 10.4 billion people in 160 countries who followed the 1988 Games in Seoul, South Korea.

TRIVIA QUESTION

DID YOU KNOW THAT 22,849 GIRLS PARTICIPATED IN HIGH SCHOOL GIRLS GYMNASTICS DURING THE 1991-92 SCHOOL YEAR? THIS NUMBER RANKS 13TH IN HIGH SCHOOL SPORTS PARTICIPATION BEHIND INDOOR TRACK AND SLOW PITCH SOFTBALL.

(left) Kerri Strug signs autographs for Atlanta school children.

GYMNASTS VISIT ATLANTA AREA SCHOOLS

Eight U.S. athletes and coaches participating in the Reebok International Mixed Pairs competition took time out from the gym to visit two Atlanta elementary schools—Fowler and S.R. Smith. The athletes answered questions, signed autographs and even did a couple of flips!

This promotion, coordinated by the Youth and Education Department of the Atlanta Committee for the Olympic Games (ACOG) and USA Gymnastics, was intended to broaden the awareness of Olympic sport in the host city of the 1996 Olympic Games. In addition, a plan was developed to invite Georgia's youth to the competition. USA Gymnastics provided 4,000 complimentary tickets to ACOG, which were distributed to various youth groups throughout Georgia.

The results—many students got a first hand glimpse of what gymnastics and the upcoming Olympics are all about. Thanks to ACOG and to the athletes and coaches—Amanda Borden, Gregg Curtis, Dominique Dawes, Shannon Miller, Lance Ringnald, Kerri Strug, Chris Waller, Kelli Hill, Kurt Thomas and Mary Lee Tracy—for promoting our great sport to the Atlanta community!

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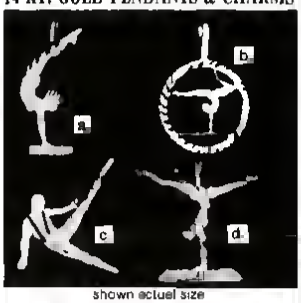

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SPORTS

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WOMEN

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BROWN'S GYMNASTICS COACHING POSITIONS AVAILABLE. Brown's Gymnastics is actively seeking Team Coaches! Move to sunny Florida—Strong Competitive Team—All levels. Looking for QUALITY TEAM COACH with proven coaching ability at all levels, enthusiastic, energetic and well organized Excellent coaching conditions salary benefits and compensation with experience CONTACT Kevin and Rita Brown, 740 Orange Avenue, Altamonte Springs, FL 32714 (407) 869–8744 Please send resume, photo and letters of recommendation. CAMP COACH POSITIONS ALSO AVAILABLE. Brown's Gymnastics, 1993 Summer Camp June 27th–July 2nd, 1993

GYMNASTICS COACH/INSTRUCTOR Small gym located in the Florida panhandle near the beautiful beaches of the Gulf of Mexico is looking for coaches to help us grow above level 8 for girls and above class 3 for boys Must be capable of spotting advanced skills. Salary negotiable Send resume to Panama City Gymnastics Club, 709 West 13th Street, Panama City, FL 32401, or call Frank Gaglio at 904–872–0375

GIRLS TEAM HEAD COACH—position open at well established, air conditioned, 7700 square ft facility on the east coast of Florida only ten minutes from the beach Must be experienced in working with instructional classes and team through level 9 Salary $24 000 annually plus benefits Please call (407) 676–4429, or send resume to South Brevard Academy of Gymnastics, 1771 Agora Circle SE, Palm Bay, FL 32909 All inquiries confidential.

POSITIONS AVAILABLE FOR FULL TIME AND PART TIME GYMNASTICS COACHES Seeking enthusiastic, highly motivated experienced individuals who can work with preschool classes through competitive boys and girls team programs. Be part of Maryland's fastest growing gymnastics facility with over 1100 students. Located in Annapolis, Maryland just minutes from Chesapeake Bay Salary commensurate with experience Send resume/salary requirements to Barlow's Gymnastics 2001 F Commerce Park Drive, Annapolis MD 21401

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EXPERIENCED ADDITIONAL STAFF WANTED Established quality, fast growing gymnastics school on Mass. South Shore seeks additional instructors and team coaches for immediate, summer, and fall-season positions, full and part time, for pre-school and recreational classes, and teams at all levels. Two director's positions also available: one for teams and one for recreational classes. Facility is 10K s.f., easy commute, great student/parent program involvement. Will pay higher rates for right experience in gymnastics field of position sought! Please apply ASAP to: Gymnastics Plus & Tiger Tots 201 Oak Street, Pembroke, MA 02359, (617) 826–1550

FULL TIME GYMNASTICS COACH Windmill Gymnastics located in the San Francisco Bay Area, is looking for an experienced coach. Our fast growing Gymnastics School offers exciting recreational and competitive programs. We need an enthusiastic, motivated, career oriented coach for our recreational classes and our USGF Girls Team (Level 5-7). Please call Annemarie Loffeld at (510) 527–0570 or send resume and salary history to Windmill Gymnastics, 5327 Jacuzzi Street Richmond, CA 94804. Part-time coaches are encouraged to apply as well.

TUMBLEBEES GYMNASTICS is expanding and has several full/part time positions available. Located in the heart of Miami, Florida, Tumblebees has new equipment, a 500 member recreational program and more than 50 members on boys & girls teams. All applicants should have leadership abilities, good communication skills, enthusiastic personalities, and a desire to participate in the continued growth of this gymnastic club. POSITIONS AVAILABLE include: Girls Team Coach (level 4-7 & optional), Boys Team Coach, Pre-school/Recreational Coach and Gym Manager (experience and resume required). Salary commensurate with experience. Benefits package and relocation allowance available. Apply by mail to Tumblebees 7074 S.W. 117th Avenue Miami, FL 33183 or call (305) 254–8054

MALE GYMNASTICS INSTRUCTOR/COACH: Full-time instructor/coach for preschool through boys class 5. Requirements: Coaching experience and PE or related degree. Coaching experience must include all levels of gymnastics. Salary commensurated with experience. Located in the beautiful Ozarks. Send resume to: Springfield Gymnastic Center, 529 S. Cavalier, Springfield, MO 65802 (417) 864–6869

PERFECT OPPORTUNITY for Gymnastics Coach/Instructor to completely coach competitive teams (girls levels 4-8 and boys class 6-7) and completely run/direct and instruct recreational/developmental program, without business worries. Must be dedicated, organized, energetic, have positive attitude and be able to motivate all levels of gymnasts. Gym has 450 students, 2 year old 10,000 sq. ft. facility. IMMEDIATE full-time salary position. Quickly send resume to: Randy to Coach 3686 Calhoun Road, Greenwood, SC 29649, 803–229–7790

GYM HEAD COACH rec thru levels 5-8+ Safety certified. Full time. Lei's Gym, in Hawaii 808–263–4552.

TIRED OF WORKING LONG HOURS & WEEKENDS? Position: Enthusiastic preschool instructor needed for growing mobile gymnastics program in northwest Houston area. Approximately 40 hrs/week, 3-4 weeks paid vacation. $22,000 plus bonus program. Call Frank Thompson of Thompson Tumblers Inc. at (713) 894–6364 between 9:00 AM & 2:00 PM or evenings at (713) 894–8946

PROFESSIONAL GROWTH OPPORTUNITY! A Gymnastics School primed for growth into and through the 1990's is in search of 1 or 2 Professionals. Individual/s should have or be A SELF STARTER—STRONG ORGANIZATIONAL SKILLS—A DECISION MAKER—INNOVATOR—STRONG COMMUNICATION & PERSONAL INTERACTION SKILLS—MUST LOVE CHILDREN & PEOPLE—STRONG DESIRE TO LEARN & GROW PROFESSIONAL—CURRICULUM DEVELOPMENT—PLANNING. Candidates should have a minimum of 2 yrs experience in Pre-School Movement Exploration and or in Program Coordination. Salary is negotiable (Benefits) Call (617) 438–6244 or write: Metro Gymnastics, c/o Earl V. McAllister II 62 Montvale Ave., Stoneham Mass 02180

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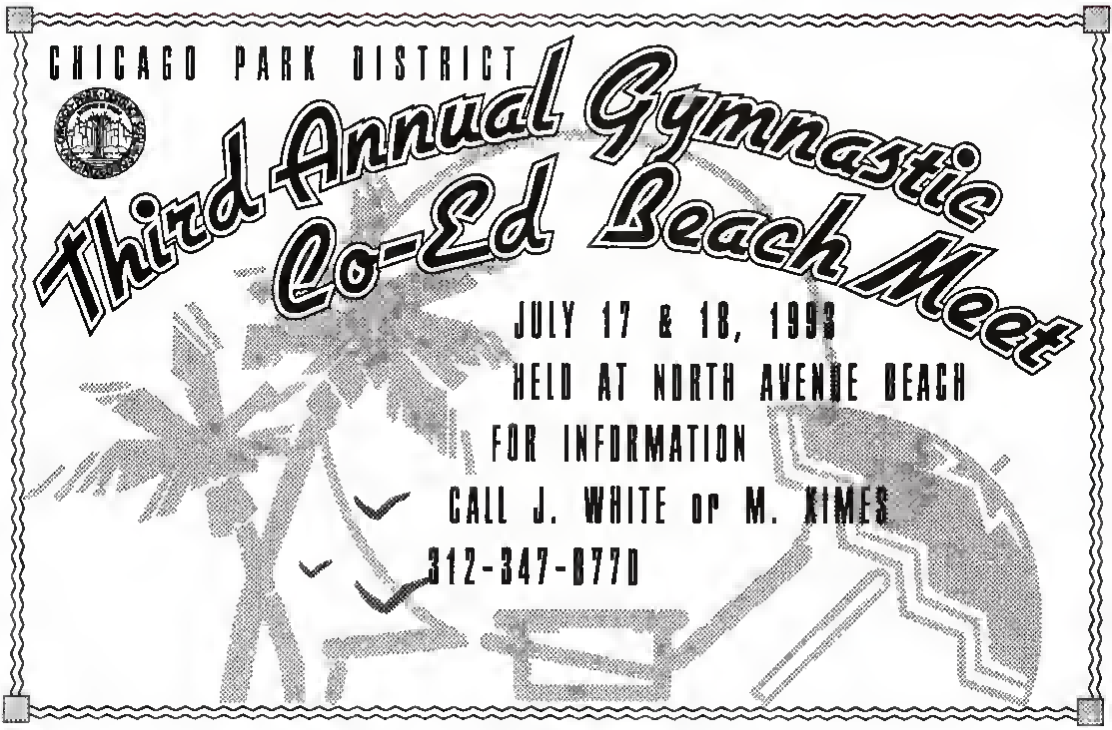

AMERICAN EAGLES GYMNASTICS is now hiring Pre-School, Recreational Class Instructors and Girl's Competitive Team Coaches (Levels 1-8) Full and part time positions available immediately at established gym of twelve years Individuals must be enthusiastic, self motivated and experienced in dealing with children Outstanding new facility, excellent equipment, pleasant working atmosphere. Dance knowledge and/or spotting skills a+ plus, but not required Looking for quality, dependable individuals Salary and benefits negotiable depending upon experience Please send resume or call Mark Fahrnbach, American Eagles Gymnastics 754 Old S.R. 74, Suite #C, Cincinnati, Ohio 45245, (513) 752-2083

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ASSISTANT COACH NEEDED full or part time hours available Must be certified judge in at least level 5 Good spotting skills a must! Contact Tracy at (908) 782-1777

GYMNASTICS DIRECTOR NEEDED After twenty years of teaching gymnastics, owner is retiring from gymnastics program to concentrate on cheerleading and acro tumbling program Wanted-enthusiastic, motivated, well organized person with strong development gymnastics background to direct girls gymnastics class and team program Send resume and references to Gymnastics Director, 112 Kelingham Court, Ridgeland Mississippi 39157, (601) 856-0994

INTERNATIONAL GYMNASTICS SCHOOL-CAMP INC. HIRING Full time boys' class instructor/assistant boys coach (class 7 Elite) and full time girls' class instructor/assistant girls coach (Levels 5 10) A strong background in dance/choreography is needed for the full time girls position Contact Bruno Klaus, RR 8 Box 8002, Stroudsburg, PA 18360

SEEKING EMPLOYMENT

Russian Artistic Gymnastics coaches Alexander Samoshkin, 39 and his wife Svetlana Samoshkina are seeking positions in the U.S. teaching gymnastics During their 20 years coaching career they have had 6 girls on the Soviet Union National Team They are able to effectively teach advanced skills to Elites as well as to lower level gymnasts Looking for a long term contract (working visas required) If you are interested in growth and increasing success in competition, please send your letter to c/o Grigori Okroshevski, 1416 Euclid Ave., Ft Myers, FL 33917

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Vesselin Atanassov Manov, a Bulgarian citizen, is seeking employment as a coach in the U S He was honored with the title Master of Sports by the Bulgarian Federation Graduated from the Central Higher Institute of Physical Culture and Sports in Moscow Russia in 1992 Worked as a coach in the Junior Gym Club in Russia. Bulgarian National Gymnastics Men's Team member during 1986 1988. For more information Bulgarian Federation of Gymnastics, 75 Levski Blvd Sofia Bulgaria Phones: 359 2 800530 or 359 2 865374 Fax 359 2 800530

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1. The text book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours, including the test.
3. Certification is good for four years.
4. The course fee is $100.00. USGF members and second cycle recertification is $75.00. Retest cost is $25.00.

For groups of at least 5, contact USA Gymnastics Department of Safety and Education (317) 237-5050.

SCHEDULED COURSES

Monday, May 10, 1993
Edina, MN
8 00 am-1 00 pm
TAGS-Edina
5201 Eden Circle
Edina, MN 55436
Course Dir Julia Thompson-Aretz
(612) 890-9020

Saturday, May 22, 1993
Chicago, IL
9 00 am-4 00 pm
Whitney-Young High School
210 S Loomis
Chicago, IL 60607
Course Dir M Kimes
(312) 347 6770

Saturday, May 22, 1993
Tulsa, OK
12:30 pm-6:30 pm
American Gymnastics of Tulsa
7246 East 38th St
Tulsa, OK 74145
Course Dir Jan Eyman
(817) 694-4214
Local Contact Becky Rupe
(918) 664-2220

Saturday, June 19, 1993
Stroudsburg, PA
9 00 am-2:00 pm
International Gymnastics Camp
Golden Slipper Rd
Stroudsburg, PA 18360
Course Dir John Perna
Local Contact B Klaus
(717) 629-0244

Sunday, July 25, 1993
Simi Valley, CA
9 00 am-5 00 pm
Imagymnation Gymnastics
4685 Unit 3G Industrial St
Simi Valley, CA 93063
Course Dir Jeff Lulla
(818) 845-0700

Saturday, July 31, 1993
Columbus, OH
10 00 am-2:00 pm
Radisson Hotel Columbus North
4900 Sinclair Rd
Columbus, OH 43229
Course Dir Bobbi Montanari
(614) 457-1279

Friday, August 27, 1993
Salt Lake City, UT
8 00 am-2 00 pm
Call USGF for further details
(317) 237-5050
This course will be held in conjunction with the U S Championships

Sunday, September 19, 1993
New York City, NY
11:00 am 5:00 pm
Sutton Gymnastics
20 Cooper Square
New York City, NY 10003
Course Dir Joan Hicks
(203) 924-8666

Sunday, October 3, 1993
Flemington NJ
10:00 am-6 00 pm
Gymnastics Unlimited
RD #5 Box 80
Flemington, NJ 08822
Course Dir C. Finkel
(201) 586-1808

PARTICIPATION REGISTRATION FORM

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Course Director _____
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Organization Represented _____
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Pan American Plaza, 201 S Capitol Ave , Ste 300, Indianapolis, IN 46225

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USA JAPAN DUAL COMPETITION

by Hideo Mizoguchi, delegation leader

The U S team assembled for the USA-Japan dual competition in Hamamatsu, Japan, included four Senior National Team men—Gregg Curtis, J D Reive, Drew Durbin and Robby Kieffer—and one Junior Elite National Team member—Blaine Wilson The U.S women were represented by four Junior International Team members—Amy Chow (West Valley), Kristy Powell, Rachel Rochelli and Laura French (Cypress Academy)—and one Junior National Team member—Lisa Geckle (CATS) The coaches included Dennis McIntyre, Ron Brant, Debbie Kaitschuck and Mark Young Rounding out the delegation were judges Les Sasvary, George Beckstead, Lois Carson and Joan Moore and delegation leader Hideo Mizoguchi Thus delegation quickly established a strong team unity

MEN'S COMPETITION

The U.S men took the early lead after floor with Curtis scoring the highest score, 9 30 However, the Japanese pulled ahead one point on pommel horse, hitting six near flawless routines Durbin scored a high for the U S , 9 25, on this event Wilson and Noritaka Iwai of Japan tied for the highest score, 9.30, on rings At this point, USA was .5 behind Japan Japan outscored USA on rings by only 35 Both USA and Japan performed 9.50 value vaults—Layout Kasamatsu, Layout Cuervo, Handspring front with one and one-half twist. Therefore, it came down to which team stuck The result—the USA and Japan teams tied with a 37 00 Japan went first on parallel bars and had a rough time trying to upgrade routines and misinterpretation of the Code The U S team did an outstanding job and brought the team score to within 25 of a point behind Japan. The team score at this point was USA 181 80 to Japan's 181 55 The U S went first on high bar and had two athletes miss The Japanese, on the other hand, came through on high bar, particularly Yukio Hatakeda who showed his Olympic caliber performance Japan ended up winning the team competition with a score of 218 35 to the U.S 's 217 30

In the all-around, two of Japan's '92 Olympians—Takashi Chinen and Hatakeda— finished first and second and Curtis earned the bronze

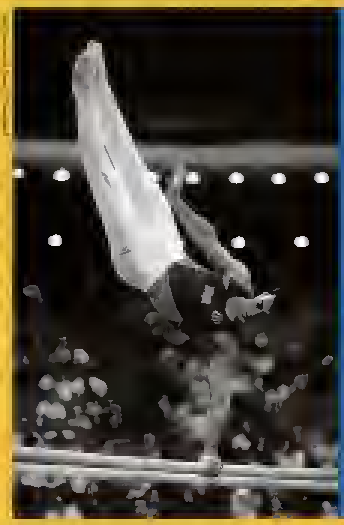
WOMEN'S COMPETITION

The Japanese women took a big lead on the U S team after the first event, vault 1992 Japanese Olympian Mari Kosuge scored a 9 60 on her layout Yurchenko hill and Rochelli scored a 9 50 on the same vault, while Chow scored a 9 50 on a handspring piked front with half twist The team score after round one was USA 37 40 to Japan's 38 125 On uneven bars, French scored a 9 55 and Powell scored 9 525 on bars The Japanese team's score after two events was 75 525 to the USA's 73 875 Both teams had a few problems on beam Highlight beam routines for the U.S were French's 9 60 and Chow's 9 575 (triple full dismount) and Rochelli's 9 10 In the floor exercise Kosuge performed very strong tumbling sequences and a full twisting double back dismount and scored 9.65 which kept the Japanese lead to 1 125 The USA team hit this event and brought the scores up by .825 which made the final team score—USA 148 325 to Japan's 148 625 Chow had the highest floor exercise score for the U S with a 9 45

In the all-around, Kosuge took first with French earning the silver medal and Chow grabbing the bronze

Coach Kaitschuck said, "Japan's women's team was their senior national team and three of the five girls will compete at the 1993 World Championships The young U S gymnasts aggressively attempted new high level difficulty, as required by the new Code We were proud of their performances, despite a

The American Team: (from left to right) Back row- Rachel Rochelli, Lisa Geckle, Blaine Wilson, Drew Durbin, J.D. Reive, Gregg Curtis. Front row- Amy Chow, Laura French, Kristy Powell, Japanese interpreter, Robby Kieffer.



Gregg Curtis, pictured here at the 1993 McDonald's American Cup, placed first in the floor exercise competition with a 9.400.

few misses on these new elements'

EVENT FINALS

Curtis, Reive and Kieffer swept first through third on floor with scores of 9.4, 9.3 and 9.2, respectively. Durbin and Reive tied for third on pommel horse with a 9.25. Wilson took the gold and Curtis tied for the silver on rings. Curtis took the gold and Reive the bronze on vault and Durbin tied for first on parallel bars.

For the women, Kosuge took first on bars and beam. Powell finished second and Chow and Rochelli tied for third on vault, while Powell and French took second and third on bars. French took second and Rochelli third on beam and Chow, Powell and Rochelli swept the medals on floor with scores of 9.475, 9.350 and 8.525, respectively.

Laura French, placed second in all-around with a 37.325 score.

USA-JAPAN DUAL COMPETITION RESULTS

Men's Team

1	Japan	218.350
2	United States	217.300

Men's All-Around

1	Takashi Chinen	JPN	54.700
2.	Yoshiaki Hatakeda	JPN	54.650
3	Gregg Curtis	USA	54.250
4	Shinya Watanabe	JPN	53.950
5	J.D. Reive	USA	53.750
6.	Noritaka Iwai	JPN	53.700

Floor

1	Gregg Curtis	USA	9.400
2.	J.D. Reive	USA	9.300
3	Robby Kieffer	USA	9.200

Pommel Horse

1	Yoshiaki Hatakeda	JPN	9.400
2.	Takashi Chinen	JPN	9.300
3	Drew Durbin	USA	9.250
3.	J.D. Reive	USA	9.250

Rings

1	Blaine Wilson	USA	9.400
2.	Gregg Curtis	USA	9.300
2	Shinya Watanabe	JPN	9.300
2.	Noritaka Iwai	JPN	9.300

Vault

1	Gregg Curtis	USA	9.400
2	Noritaka Iwai	JPN	9.350
3	J.D. Reive	USA	9.300

Parallel Bars

1	Drew Durbin	USA	9.250
1	Yoshiaki Hatakeda	JPN	9.250
3.	Shigeru Kurihara	JPN	9.100

Horizontal Bar

1	Yoshiaki Hatakeda	JPN	9.250
2	Takashi Chinen	JPN	9.200
3	Shinya Watanabe	JPN	9.150

Women's Team

1	Japan	148.625
2.	United States	148.325

Women's All-Around

1	Mari Kosuge	JPN	38.050
2.	Laura French	USA	37.325
3.	Amy Chow	USA	37.225
4	Eisa Sugawara	JPN	37.100
4	Kristy Powell	USA	37.100
6.	Minako Etoh	JPN	36.675

Vault

1	Minako Etoh	JPN	9.487
2.	Kristy Powell	USA	9.387
3.	Amy Chow	USA	9.300
3.	Rachel Rochelli	USA	9.350

Bars

1	Mari Kosuge	JPN	9.450
2.	Kristy Powell	USA	9.350
3	Laura French	USA	9.275

Beam

1	Mari Kosuge	JPN	9.525
2.	Laura French	USA	9.475
3	Rachel Rochelli	USA	9.375

Floor

1	Amy Chow	USA	9.475
2	Kristy Powell	USA	9.300
3	Rachel Rochelli	USA	8.525

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